

# Safety Sentinel



## Fond du Lac County Safety Committee Mission Statement

It is the Fond du Lac County Safety Committee's mission to provide safety awareness, education, and advocacy to all Fond du Lac County employees, while recognizing it is both the employer and employee's responsibility to maintain a safe work environment.

June 2018

### Lyme and Other Tickborne Diseases

*Prevention is key in the fight against tickborne disease.*

Tickborne diseases are on the rise and prevention should be on everyone's mind, particularly during the spring, summer, and early-fall when ticks are most active. From May through July, people will get more tick bites and tickborne diseases than any other time of year in the United States. It's especially important to take steps to protect yourself and your loved ones (including pets) from ticks during this season, as well as any time during warmer months when you're outside.



Many people do not know they are at risk. Each year, more than 30,000 cases of [Lyme disease](#) are reported nationwide, while studies suggest the actual number of people diagnosed with Lyme disease is more likely about [300,000](#). Despite these numbers, a recent national survey reported that nearly 20 percent of people surveyed in areas where Lyme disease is common were unaware that it was a risk. Additionally, half of people interviewed in another study reported that they did not routinely take steps to protect themselves against tick bites during warm weather.

### No Sure Way to Predict How Bad a Season will Be

Preventing Lyme and other tickborne diseases is important every year. Predicting the number of Lyme disease or other tickborne infections, and how an upcoming season will compare to previous years, is complicated. Ticks that spread disease to people can have up to [2 to 3-year life cycles](#), and many factors can affect their numbers, including temperature, rainfall, humidity, and the amount of available hosts for the ticks to feed on, such as mice,

deer and other animals. In any given year, the number of ticks in an area will be different from region to region, state to state, and even county to county.

### Know the Risk

What is known is that regardless of the number of ticks this year, people should be aware that ticks could be in the areas where they live, work and play. Everyone should take steps to help protect themselves and their loved ones, including [pets](#). While not all ticks carry the same diseases, ticks can be found in every state. Throughout the continental United States, [some diseases occur more frequently in some areas than others](#):

- [Lyme disease](#) risk is focused in the Northeast, mid-Atlantic, and upper Midwest, with pockets of lower risk along the west coast. Nearly 95 percent of Lyme disease cases occur in 14 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, and Wisconsin. However, the range of the tick that transmits Lyme disease also is expanding.
- Other less known, but serious tickborne diseases include [Rocky Mountain spotted fever](#), [anaplasmosis](#), [ehrlichiosis](#), [Powassan virus](#), and [babesiosis](#). These diseases tend to be concentrated in specific parts of the country. Babesiosis and anaplasmosis occur in the same areas as Lyme disease—mainly in the Northeast and upper Midwest. More than 60 percent of Rocky Mountain spotted fever cases occur in five states: Arkansas, Missouri, North Carolina, Oklahoma, and Tennessee.

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## Small Efforts Make Big Difference in Recreational Boating Safety

Each year, about 74 million Americans engage in recreational boating, according to government research. Most boating experiences are positive – the stuff memories are made of. But the most joyful times quickly can turn deadly if boaters are not vigilant about safety – at all times.

One of three things usually happens when a good day on the water turns tragic, according to the U.S. Coast Guard:

- A passenger falls overboard
- A boat capsizes
- A boat collides with another boat or object

In 2015, the Coast Guard counted 4,158 boating incidents that involved 626 deaths, 2,613 injuries and about \$42 million of damage to property. Compared to 2013, the Coast Guard found:

- The number of incidents increased 0.05%
- The number of deaths increased 8.9%
- The number of injuries increased 2.2%

### Perils of Falling in Frigid Water

Hypothermia can set in if a person is exposed to water less than 70 degrees for too long. The body cools 25 times faster in cold water than in cold air, according to the Personal Flotation Device Manufacturers Association.

In June 2015, a Utah doctor, his two daughters and one of their friends died in the frigid waters of Bear Lake, about 120 miles north of Salt Lake City, after their boat capsized. Lance Capener reportedly swam to shore with his wife, Kathryn, only to perish when he went back for the girls.



Two other teenage girls survived by massaging cramps out of each other's arms and legs and praying while waiting for help to arrive. All were wearing life jackets, but their body temperatures plummeted in the 53-degree water and 70-mph winds.

### Just Wear It

Life jackets are the lifeblood of safe boating.

The U.S. Coast Guard reports 78% of boating deaths in 2014 were due to drowning, and 84% of the victims were not wearing a life jacket.

The good news is, comfortable – and stylish – Coast Guard-approved life jackets are widely available. The [Wear It campaign](#) promotes boating safety by encouraging boaters to wear life jackets all the time. The campaign kicked off with National Safe Boating Week in May.

Before setting sail, review a [pre-departure checklist](#) to ensure you have everything you need in your boat, including a tool box and first-aid kit. Once on the water, use common sense. In a split second, a situation can arise or the weather can turn.

If you notice storm clouds, a sudden temperature drop or wind speed increasing, the best advice is to play it safe. Get off the water.

### Get Educated, Reduce Risks

The National Safe Boating Council promotes safer recreational boating through education, outreach and training.

In 2015, Coast Guard data indicates 71% of deaths occurred on boats where the operator had no boating safety instruction. By comparison, 15% of deaths occurred where the operator had received a nationally approved boating safety education certificate.

To further reduce risk, the Coast Guard offers these tips:

- Don't drink: Alcohol affects judgment, vision, balance and coordination
- [Take a safety course](#): 7 out of 10 boating incidents are caused by operator error
- Get a free vessel safety check; [contact a local volunteer here](#)
- Know about carbon monoxide; this odorless, colorless poisonous gas is emitted by all combustion engines and onboard motor generators

Source: <http://www.nsc.org/learn/safety-knowledge/Pages/Boating-Safety.aspx>



## Don't Get Burned! Summer Sun Safety Tips

Summer is here! Who doesn't want to be outside, sunbathing, swimming, playing catch on the beach or just barbequing in the backyard? While summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma by practicing proper sun protection. The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

CDC recommends easy options for sun protection:

### Sunscreen

- Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.
- Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.
- Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

### Clothing

- Wear clothing to protect exposed skin.
- Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.
- If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

### Hats

- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with

holes that let sunlight through. A darker hat may offer more UV protection.

- If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.



### Sunglasses

- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.

### Shade

- Seek shade, especially during midday hours.
- You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

For more information, please visit [http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm) or call 1-800-CDC-INFO.



## Heat Illnesses Can be Fatal: Would You Know What to Do?

Did you know your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

In 2014, 244 people died in the U.S. from exposure to excessive heat, according to [Injury Facts 2017](#), the annual statistical report on unintentional injuries produced by the National Safety Council. Heat-related illnesses can escalate rapidly, leading to delirium, organ damage and even death.

There are [several heat-related illnesses](#), including heatstroke (the most severe), heat exhaustion and heat cramps. Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes and people who like to exercise – especially beginners
- Individuals taking medications that alter sweat production
- Alcoholics and drug abusers

### Heatstroke

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs.

Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.



- Move the person into a half-sitting position in the shade
- Call for emergency medical help immediately
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

### Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or having them take a cool shower

### Heat Cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

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The Centers for Disease Control and Prevention offers [more information on heat-related illness in this FAQ](#).

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also:

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Source: <http://www.nsc.org/learn/safety-knowledge/Pages/news-and-resources-surviving-the-hot-weather.aspx>

### Fond du Lac County Safety Committee

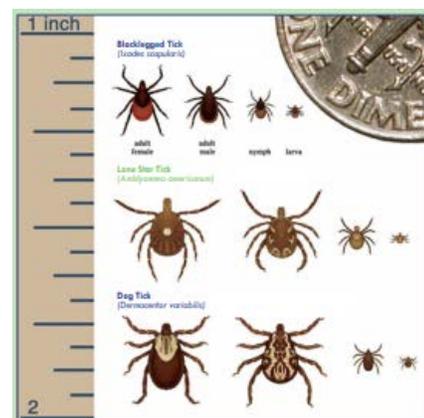
Stacie Basler, Dept. of Social Services  
David Brandenburg, Golf Course  
Linda Chandler, Purchasing/Risk Mgmt.  
Grace Dobbs, Public Health  
Ken Fischer, Land & Water Conservation  
Richard Gedemer, Dept. of Social Services  
Bobbi Hicken, Emergency Mgmt.  
Diane Immel, Clerk of Courts  
Tom Janke, Highway  
Hannah Julka, Wellness  
Ann Kaiser, UW-Extension  
Shelby Kapitanski, Purchasing  
Rick Kiefer, Central Maintenance  
Michael Marx, Human Resources  
Kim Mueller, Public Health  
Mark Radmer, Health Care Center  
Ray Sharp, Health Care Center  
Sam Tobias, Planning/Parks  
Ryan Waldschmidt, Sheriff's Dept.  
Karen Warren, Wellness

## Lyme and Other Tickborne Diseases – Continued from Page 1

### Take Steps to Protect against Ticks

[Taking steps to protect yourself and your family from getting a tick bite](#) is the best defense against Lyme disease and other tickborne infections. Whether you're working, enjoying your yard, camping, hiking, hunting or otherwise in the outdoors, CDC recommends that people:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.
- [Treat dogs for ticks](#). Dogs are very susceptible to tick bites and to some tickborne diseases. They may also bring ticks into your home. Tick collars, sprays, shampoos, or monthly "top spot" medications help protect against ticks.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. [Remove any ticks](#) right away.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.



Source: <https://www.cdc.gov/media/dpk/diseases-and-conditions/lyme-disease/index.html>



## Fire Pit Safety

When it comes time to actually start a fire, there are a few things to keep in mind, the most important of which is to keep your fire small. There's no need for a blazing bonfire, and the bigger the fire, the greater the potential for disaster.

First things first, your fire pit should be at least 10 feet away from any structure or combustible surface. Before lighting an outdoor fire, check the weather forecast. Avoid windy conditions that can blow embers. Also stay up to date on any burn bans or burn ordinances that might be in effect at different times during the year. Doing some house cleaning, like picking up leaves and other combustible materials, around the pit is important to ensure the fire doesn't accidentally spread. Always have a container of water nearby and a garden hose on standby *before* starting the fire.



To get a fire started, put a crumpled piece of paper or a store-bought fire starter in the pit, and cover one or both with small sticks — the smaller, the better. As the fire begins to burn, add larger and larger sticks until you're finally able to add a log or two. But whatever you do, don't try to start a fire with gasoline. It's way too dangerous.

The best way to extinguish a fire is to take the ashes, spread them over a larger surface area and let them cool down for a little bit. Then take your small container of water and gently pour it over the ashes, but monitor it. Don't just throw some water on it and go to bed because it can flare up in the night. If you have a fire that escapes your fire pit and moves into a nearby pile of kindling or a combustible surface, immediately call 911.

There's no getting around the fact that wood smoke is a pollutant and that outdoor fire pits and fireplaces are completely unnecessary. In fact, in some cities, both indoor fireplaces and outdoor fire features of any kind are illegal. This isn't just because of the potential for fires, but because of the pollution they produce. That said, the decision to burn or not to burn becomes, for many people, a personal rather than legal one. Regardless of how you feel about the subject, we can all agree that fires are far more decorative than functional.

Source: <https://www.hgtv.com/design/outdoor-design/landscaping-and-hardscaping/outdoor-fire-pits-and-fire-pit-safety>

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Return via inter-office mail marked "Safety Suggestion Box," give to a Safety Committee member, or put in Safety Suggestion Box at the City/County Govt. Center, 4<sup>th</sup> floor lobby.

### Safety Suggestion

Date: \_\_\_\_\_

Please share any safety concern or suggestion:

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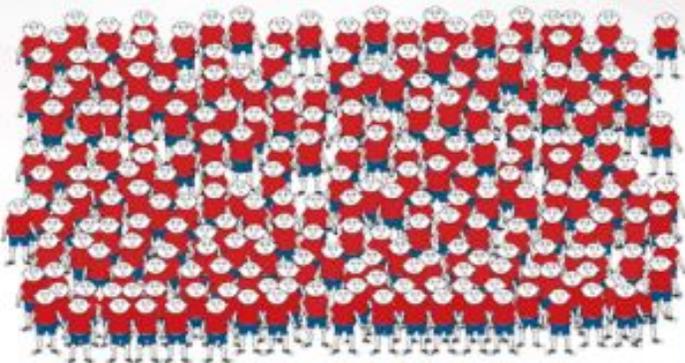
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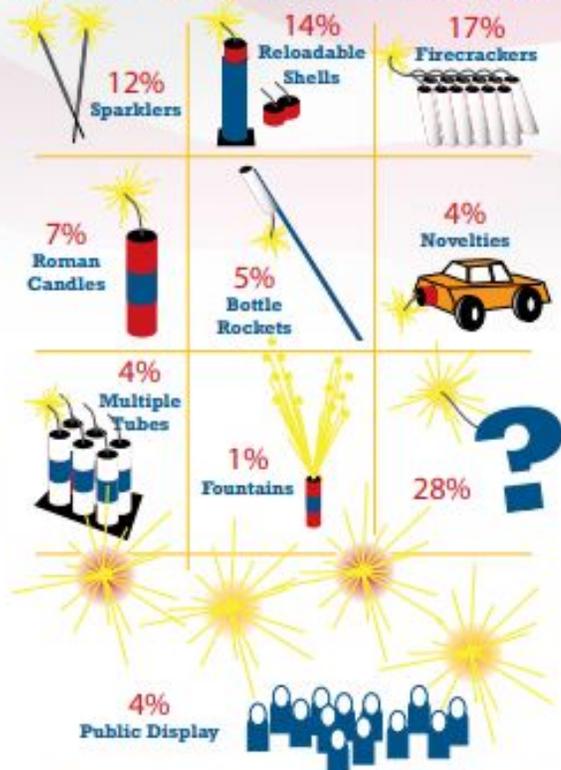


# Fireworks Injuries

250 people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.



## Injuries by Fireworks Type\*



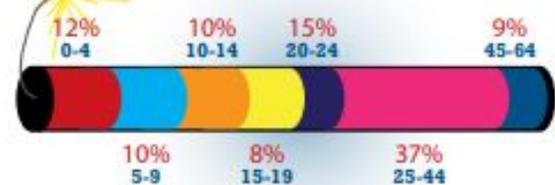
\*These percents do not account for how many products are used.

## Fireworks Safety Tips

- ★ Never allow **children** to play with or ignite fireworks.
- ★ Never try to **re-light** or **pick up** fireworks that have not ignited fully.
- ★ Keep a **bucket of water** or a **garden hose** handy in case of fire or other mishap.
- ★ Make sure fireworks are **legal** in your area before buying or using them.
- ★ Light fireworks **one at a time**, then **move back** quickly.
- ★ More Fireworks Safety Tips – [www.cpsc.gov/fireworks](http://www.cpsc.gov/fireworks)

Source: U.S. Consumer Product Safety Commission 2017 Fireworks Annual Report

## Injuries by Age



NSN 14-8

