

Safety Sentinel

August 2010

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.

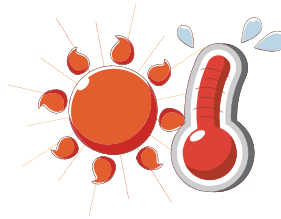
Avoiding Heat Stroke & Heat Exhaustion

In August 2001, Tracey Jaurena, an athletic trainer in Coalinga, Calif., was working on a nearby football field when a friend called her cell phone number. The caller said Jaurena's son Abe, 12, had collapsed during practice with his youth football league.

"When I got there, Abe's face was blotchy and I kept calling his name, but he couldn't answer me," she says. Jaurena cooled Abe down until emergency workers arrived and he was treated for dehydration at the hospital. Jaurena believes Abe got sick because it was at least 95°F that day, the players were inappropriately dressed in full uniform, and Abe hadn't had a water break in close to an hour. "It was also the third day of football practice and it's important to acclimate athletes to the weather," she says.

During heat illness, the body's cooling system shuts down. Body temperature goes up, which inhibits the ability to sweat. Mild symptoms of heat exhaustion include thirst, fatigue, and cramps in the legs or abdomen. Left untreated, heat exhaustion can progress to heat stroke. Serious heat-related symptoms include dizziness, headaches, nausea, rapid heartbeat, vomiting, decreased alertness, and a temperature as high as 105°F or more. In severe cases, the liver, kidneys, and brain may be damaged. About 400 people die each year from heat exposure, according to the CDC.

The risk of heat illness goes up during exertion and sports and with certain health conditions, such as diabetes, obesity, and heart disease. Alcohol use also increases the risk. So do medications that slow sweat production, such as



antihistamines, tricyclic antidepressants, and diuretics used to treat water retention, high blood pressure, and some liver and kidney conditions.

People ages 65 and older and young children are especially vulnerable to heat illness. During the summer of 2003, at least 42 children in the United States died after being left in hot cars, according to Jan Null, a meteorologist in San Francisco who tracks heat-related deaths. What some people don't realize is that the temperature inside a car can climb much higher than temperatures outside during a sunny day. Heat stroke in children can occur within minutes, even if a car window is opened slightly.

What You Can Do

Air conditioning is the #1 protective factor against heat illness. If you don't have air conditioning, spend time in public facilities, such as libraries and malls that have air conditioning. Reduce strenuous activities or do them during early mornings and evenings when it's cooler. If you're outside for long stretches of time, carry a water bottle, drink fluids regularly, and don't push your limits. People who play sports should wear light, loose-fitting clothes and drink water or sports drinks before, during, and after activity. If you see someone experiencing heat illness, have the person lie down in a cool place and elevate the legs. Use water, wet towels, and fanning to help cool the person down until emergency help comes.

By Vincent Iannelli, M.D., About.com Guide

----- Cut on line and return inter-office mail marked "Safety Suggestion Box" or give to a Safety Committee Member -----

Safety Suggestion

Date: _____

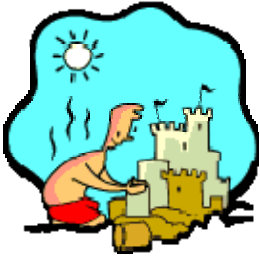
Please share any safety concern or suggestion:

Name (optional) _____

Avoiding & Treating Sunburn

As a child in Pratt, Kan., Linda Talbott got frequent, blistering sunburns while playing outside all day. Then in her college years, it was cool to be tanned. "Everyone wanted a tan, and I thought tanned skin looked beautiful," Talbott says. "But it's not beautiful when you're 65 and you've had melanoma."

In 1997, Talbott noticed a dark spot under her left eye. "I thought it was mascara, but it grew to the size of a raisin and started to bleed" after about six weeks. Her doctor said it was melanoma, a serious form of skin cancer. Another lesion on her cheek, previously misdiagnosed as an age spot, also turned out to be malignant. She needed immediate surgery on her face to remove the cancerous tissue and save her life.



Everyone is at risk for skin cancer, but especially people with light skin color, light hair or eye color, a family history of skin cancer, chronic sun exposure, a history of sunburns early in life, or freckles, according to the American Cancer Society. Rays from artificial sources of light, such as tanning booths also increase the risk of skin cancer.

What You Can Do

Remember to limit sun exposure, wear protective clothing, and use sunscreen. Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher. Sunscreen is formulated to protect the skin against the sun's ultraviolet light (UV), not to help the skin tan.

Some medications can increase sensitivity to the sun. Examples are tetracycline antibiotics, sulfonamides such as Bactrim, non-steroidal anti-inflammatory drugs such as ibuprofen, and some fluoroquinolones. Cosmetics that contain alpha hydroxy acids (AHAs) may also increase sun sensitivity and the possibility of sunburn. Examples are glycolic acid and lactic acid. It is important to protect your skin from the sun while using AHA-containing products and for a week after discontinuing their use.

According to the American Academy of Dermatology (AAD), along with regularly using sunscreen, it's smart to wear wide-brimmed hats and seek shade under a beach umbrella or a tree. Sunscreens alone may not always protect you. And don't forget sunglasses, which protect the sensitive skin around the eyes and may reduce the long-term risk of developing cataracts. People who wear UV-absorbing contact lenses still should wear UV-absorbing sunglasses since contact lenses don't completely cover the eye.

If you do get a sunburn, don't put ice or butter on it, says Bruce Bonanno, M.D., an emergency physician at Bayshore Community Hospital in Holmdel, N.J. "Use a cold compress, and if you don't have that, a pack of frozen vegetables will work." OTC pain relievers may also be helpful. Mild and moderate cases may be helped by topical corticosteroids such as hydrocortisone. Severe cases may require oral steroids such as prednisone. Continued on Pg 4 ►

Pool Safety Tips for Parents

According to the U.S. Consumer Product Safety Commission, an estimated 260 children under five years of age drown each year in residential swimming pools and spas. The Commission estimates that another 3,000 children under age five are treated in hospital emergency rooms following submersion accidents each year. Some of these submersion accidents result in permanent brain damage.



Nationally, drowning is the fourth leading cause of death to children under five. In some states such as California, Florida and Arizona, drowning is the leading cause of accidental death to children under five.

CPSC offers the following tips for pool owners:

- Never leave a child unsupervised near a pool.
- Instruct babysitters about potential hazards to young children in and around swimming pools and the need for constant supervision.
- Completely fence the pool. Install self-closing and self-latching gates. Position latches out of reach of young children. Keep all doors and windows leading to the pool area secure to prevent small children from getting to the pool. Effective barriers and locks are necessary preventive measures, but there is no substitute for supervision.
- Do not consider young children "drown proof" because they have had swimming lessons; young children should always be watched carefully while swimming.
- Do not use flotation devices as a substitute for supervision.
- Never use a pool with its pool cover partially in place, since children may become entrapped under it. Remove the cover completely.
- Place tables and chairs well away from the pool fence to prevent children from climbing into the pool area.
- Keep toys away from the pool area because a young child playing with the toys could accidentally fall in the water.
- Remove steps to above ground pools when not in use.
- Have a telephone at poolside to avoid having to leave children unattended in or near the pool to answer a telephone elsewhere. Keep emergency numbers at the poolside telephone.
- Learn CPR (cardiopulmonary resuscitation).
- Keep rescue equipment by the pool.

PARENTS AND GUARDIANS: ONLY YOU CAN PREVENT A DROWNING. WATCH YOUR CHILD CLOSELY AT ALL TIMES. MAKE SURE DOORS LEADING TO THE POOL AREA ARE CLOSED AND LOCKED. YOUNG CHILDREN CAN QUICKLY SLIP AWAY AND INTO THE POOL. Continued on Pg 4 ►

Bee, Wasp, Hornet & Yellow Jacket Stings



Background

Between one and two million people in the United State are very allergic to stinging insect venom. Every year 90 to 100 people die from sting reactions. Many more deaths may happen, mistakenly diagnosed as heart attacks or sunstrokes or attributed to other causes. More people die yearly from the effects of insect venom than from spider bites.

Stinging insects can present an occupational health problem, mainly for sensitive workers. Usually, danger occurs when workers disturb nests of stinging insects such as bees, wasps, hornets, or yellow jackets.

Mild Reactions

Most people have a mild reaction to bee, wasp, hornet, or yellow jacket stings:

- Itch
- Irritation
- Redness
- Swelling

For a mild reaction, you can relieve symptoms with ice, baking soda, meat tenderizer, 1% to 2.5% ammonia solution, topical steroids, or oral steroids.

Anaphylaxis

The most severe allergic reactions to stings can be fatal. These reactions, called anaphylaxis, can include life threatening symptoms:

- Breathing problems
- Swelling of the lips or throat
- Faintness
- Confusion
- Rapid heartbeat
- Hives

For any severe allergic reaction, seek emergency medical help immediately. Reaction may occur in a few minutes; death often occurs within 30 minutes.

Preventing Stings

Workers can take some simple steps to prevent stings, both in the open outdoors and in greenhouses.

- Use a commercially available stinging insect control aerosol to destroy nests. It can shoot a high-volume spray stream 15 to 20 feet.
- Do not stand directly under an overhead nest you are trying to destroy. If possible, hire a professional exterminator to remove a nest.
- Never try to burn or flood a nest with water since this will only make stinging insects angry.
- Be careful not to mow over a nest in the ground or disturb a nest in a tree or the eaves of the home.
- Never strike or swing at a wasp or a bee.

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Bites from Mosquitoes & Ticks

Rob Baxley, 32, of Savage, Md., never saw the tick, but thinks he came into contact with one when he helped his brother build a deck in June 2003. "Soon after that, I noticed a little red spot on my thigh," Baxley says. "But then it grew." He estimates the rash was about the size of a grapefruit when he went to the emergency room in mid-July.

About 80 percent of people who get Lyme disease develop a large rash that looks like a bull's-eye. Baxley experienced other classic Lyme disease symptoms, such as muscle aches and stiff joints. His doctor also found a similar rash on Baxley's calf.



After a blood test confirmed Lyme disease, Baxley took the oral antibiotic doxycycline, followed by intravenous treatment with a second antibiotic called Rocephin (ceftriaxone). In addition to the physical symptoms, he is also experiencing depression for the first time. "The whole thing is frustrating," says Baxley. "It's taken a toll on the whole family."

Ticks are usually harmless. The biggest disease threat from tick bites is Lyme disease, which is caused by the bacterium *Borrelia burgdorferi*. The bacteria are transmitted to humans by the black-legged deer tick, which is about the size of a pinhead and usually lives on deer. According to the Centers for Disease Control and Prevention (CDC), there were over 28,000 confirmed cases of Lyme disease reported nationwide in 2008.

Another insect-borne illness, West Nile virus, is transmitted by infected mosquitoes and usually produces mild symptoms in healthy people. But the illness can be serious for older people and those with compromised immune systems. In 2008, there were over 1300 cases of West Nile virus in humans reported to the CDC. Less than 1 percent of people infected with West Nile virus develop severe illness. The symptoms are flu-like, and can include fever, headache, body aches, and skin rash.



What You Can Do

There are no vaccines on the market for West Nile virus or Lyme disease. If you're spending time in tall grass or woody areas, use insect repellent with DEET to ward off mosquitoes and ticks. But insect repellent should not be used on babies, and repellent used on children should contain no more than 10 percent DEET.

Check yourself and your children for ticks before bedtime. If you find a tick, remove it with tweezers, drop it in a plastic bag and throw it away. You don't have to save the tick to show it to doctors. People who want to get a tick tested for diseases or other information could check with their local health departments, but not all of them offer tick testing. The CDC recommends cleansing the area of the tick bite with antiseptic. Early removal is important because a tick generally has to be on the skin for 36 hours or more to transmit Lyme disease.

Continued on Pg 4 ►

Avoiding & Treating Sunburn – continued from Pg 2

Be on the lookout for moles that change color or size, moles that bleed, or moles that have an irregular, spreading edge--all potential signs of skin cancer.

By Vincent Iannelli, M.D., About.com Guide

Pool Safety Tips – continued from Pg 2

CPSC requests that consumers report incidents of drowning or "near drowning" by calling the Commission toll-free at 1-800-638-2772.

Dividing Safety

THE CONSUMER PRODUCT SAFETY COMMISSION
CAUTIONS DIVERS ABOUT IMPROPER DIVING
PRACTICES.

Diving injuries can result in quadriplegia, paralysis below the neck, to divers who hit the bottom or side of a swimming pool, according to CPSC. Divers should observe the following precautions:

- Never dive into above-ground pools. They are too shallow.
- Don't dive from the side of an in-ground pool. Enter the water feet first.
- Dive only from the end of the diving board and not from the sides.
- Dive with your hands in front of you and always steer up immediately upon entering the water to avoid hitting the bottom or sides of the pool.
- Don't dive if you have been using alcohol or drugs because your reaction time may be too slow.

Improper use of pool slides presents the same danger as improper diving techniques. Never slide down head first - slide down feet first only.

By Vincent Iannelli, M.D., About.com Guide

Bites from Mosquitoes & Ticks – continued from Pg 3

OTC antihistamines, such as Benadryl or Claritin, can bring itch relief. Topical anti-itch cream on the affected area also may help, especially for children, says Edward Lamay, M.D., a physician in the emergency department at Durham Regional Hospital in Durham, N.C. You may also want to keep their nails short. "Some kids scratch bites, break the skin, and then get a bacterial infection," Lamay says.

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Bee, Wasp, Hornet & Yellow Jacket Stings – continued from Pg 3

- Never trap a wasp or a bee against your body. That can cause the insect to sting.
- Wear a hat and closed shoes (not sandals).
- Light-colored cotton clothing is best. Avoid white or bright-colored, loose-fitting clothing.
- Never wear wool around stinging insects because wool retains some degree of animal odor even after extensive processing.
- Avoid heavy, flowery perfumes, colognes, or scents. They may attract bees.
- Run away from bees, wasps, hornets, or yellow jackets. They are not very fast, and you can usually outrun them.
- Avoid sweet beverages, which can attract stinging insects.
- Do not drink out of a can. Bees might be inside the can where you cannot see them.

Review These Important Points

- Be careful not to mow over a nest in the ground nor disturb a nest in a tree or the eaves of the home.
- The most severe allergic reactions to stings can be life threatening.
- Avoid disturbing nests of bees, wasps, hornets, or yellow jackets.

True or False?

1. Stinging insects calm down when their nest is burned or flooded with water. T F
2. It is best to drink sweet beverages out of a can because bees cannot get inside the can. T F
3. Rapid heartbeat and breathing problems are a normal, mild reaction to a sting. T F
4. Run away from stinging insects. They are not very fast. T F
5. Ice or baking soda may be useful for stings causing itch, irritation, redness, and swelling. T F

Answer Key: 1 = F, 2 = F, 3 = F, 4 = T, 5 = T

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