



FIREWORKS SAFETY: Prevent Injuries & Property Damage

Before you light fireworks:

- ◆ Purchase only legal fireworks.
- ◆ Secure pets indoors; they often become frightened by the noise.
- ◆ Keep a bucket of water nearby and place all used fireworks in it.
- ◆ Have a water hose or fire extinguisher nearby to put out any stray sparks.
- ◆ Choose a level area to light fireworks on and clear away any flammable items or dry brush.
- ◆ Remind everyone to “stop, drop and roll” if their clothes should catch on fire.



When lighting fireworks:

- ◆ Designate an adult to light fireworks. Do not allow children to light fireworks!
- ◆ Wear safety goggles.
- ◆ Light one at a time, move away quickly, and keep away until the display stops.



- ◆ Duds can be dangerous. If a firework doesn't light or fire, wait 5 minutes then have an adult approach it carefully and place it in a bucket of water.
- ◆ Use fireworks and sparklers outdoors, away from anything that can burn.
- ◆ Never throw fireworks. Never hold them after lighting, except sparklers.

After you finish:

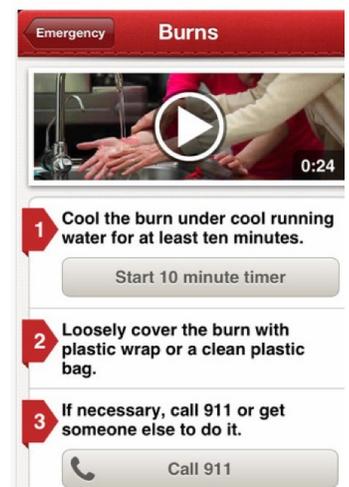
- ◆ Clean up all debris.
- ◆ Ensure that all used fireworks make it into the bucket of water.

American Red Cross: Expert Advice in the Palm of Your Hand



The American Red Cross just released a free First Aid App that can be downloaded from iTunes or Google App. This new app features simple step-by-step instructions to guide you or your teenager through everyday first aid scenarios and provides safety tips during emergencies. Fully integrated with 911 so EMS can be called directly from the app. Content is preloaded so critical information is instantly available regardless of reception or internet connection.

(Example screenshot on right)





Tuberculosis At Work?

Since January 2012, YCPARMIA members have reported 10 incidents of possible exposure to either a bloodborne illness or tuberculosis (TB) at work. According to the Yolo County Health Department, every year there are approximately 7 to 10 cases of active TB in the County, but there are another 300 cases that are diagnosed with latent (or inactive) TB.

According to the CDC:

TB SYMPTOMS - TB should be suspected in persons with the following symptoms: unexplained weight loss, loss of appetite, night sweats, fever, and fatigue. If the TB is in the lungs, then symptoms can also include: cough that lasts 3 weeks or more, chest pain, and coughing up blood. TB doesn't just attack the lungs, it can also attack the kidneys, spine, or brain.

TB TESTING & TREATMENT - If you have been exposed to a suspected TB case, an occupational medical doctor will want to see you as soon as possible to take some tests. It is possible to be infected with TB without coming down with an active case of the disease; this is called latent TB infection (LTBI). A latent infection is not contagious and will not present with symptoms, but it can later develop into active TB disease.

BLOODBORNE PATHOGEN EXPOSURE - If you are stuck by a needle or get blood or other potentially infectious materials in your eyes, nose, mouth, or on broken skin, immediately flood the exposed area with water and clean any wound with soap and water or a skin disinfectant if available.

YCPARMIA prefers that you are extra cautious with these types of exposures. If you come into contact with someone who is suspected of having TB, or if you have been exposed to the bodily fluids of someone suspected of having a bloodborne disease, wash the area immediately, then report the potential exposure to your supervisor, and get medical attention right away. Do not wait!

PLAN BEFORE YOU LIFT

Using safe lifting techniques are essential to preventing back injuries, but there is more to safe lifting than body positioning. You also need to PLAN your lifts by examining the load before lifting it.



Make certain that:

- ◆ *The weight is stable and won't shift*
- ◆ *There are no rough spots or sharp edges*
- ◆ *You can handle it alone (if not, get help)*
- ◆ *You will be able to see where you are going*
- ◆ *Map out the easiest route and move any objects that will be in your path*