

... JULY 2008 ...

QUICK TAKES



Drowning is the second leading cause of injury or death for children 1 to 14 years old.

To prevent an accident:

- Always swim with a buddy, preferably within sight of a lifeguard.
- Do not drink alcohol before or while swimming.
- Learn to swim. Swimming classes for every age and ability are available through local schools, the Red Cross or fitness clubs.
- Learn CPR. Your skills can make a difference in saving a drowning victim's life.

Be Safe this Summer

Summer is a great time to have fun outdoors. It's also a time to take precautions to avoid sunburns, which can increase your risk of skin cancer.

Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater.

To help prevent skin cancer while still having fun outdoors, regularly use sun protective practices such as:

- **Seek shade**, especially during midday hours (10:00 a.m. – 4:00 p.m.), when UV rays are strongest and do the most damage.
- **Cover up** with clothing to protect exposed skin.
- **Put on a hat** with a wide brim to shade the face, head, ears, and neck.
- **Choose sunglasses** that wrap around with lenses that block both UVA and UVB rays.
- **Rub on sunscreen** with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

It's always wise to choose more than one way to cover up when you're in the sun. Use sunscreen, and put on a T-shirt... Seek shade, and grab your sunglasses... Wear a hat, but rub on sunscreen too. Combining these sun protective actions helps protect your skin and eyes from the sun's damaging UV rays.

UV rays reach you on cloudy and hazy days as well as bright and sunny days. UV rays will also reflect off any surface like water, cement, sand and snow.

Additionally, UV rays from artificial sources of light, like tanning beds, cause skin cancer and should be avoided.

Most forms of skin cancer can be cured. However, the best way to avoid skin cancer is to protect your skin from the sun.

Source: Centers for Disease Control (CDC)

Lawn & Garden: Be Safe!

As the weather becomes warmer and days are longer, many of us spend more time outdoors enjoying our backyards. But, to be safe, it is important to remember the following safety tips when working in the yard, especially if you have children:

- Prepare your lawn by walking over it, checking for broken sticks, stones, toys and anything else that could shoot out from under the mower or damage the blade.
- Before you start your lawn mower for the first time, check to make sure that all guards are in place.
- Never reach under the mower unless it is turned off and the blade has completely stopped turning.
- Only refuel the mower after it has completely cooled down.
- Store pesticides and herbicides on high shelves or inside locked cabinets, out of the reach of children.
- Garden tools such as rakes, spades, forks, pruning clippers, files and metal plant stakes should not be left lying around when not in use.
- Wear proper eye protection when using any power tool.
- Don't wear any loose or dangling clothing that could be caught in moving parts.

Source: Home Safety Council

The Rockets' Red Glare, the Bombs Bursting in Air

Thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks — devastating burns, other injuries, fires, and even death.

The safest way to prevent fireworks-related injuries is to leave fireworks displays to trained professionals!

How and why do these injuries occur?

- **Availability:** In spite of federal regulations and varying state prohibitions, many types of fireworks are often available to the public. It is not uncommon to find fireworks distributors near state borders, where residents of states with strict fireworks regulations can take advantage of more lenient states' laws.
- **Fireworks type:** Even small, inexpensive fireworks are dangerous. Bottle rockets can fly into one's face and cause eye injuries. Sparklers burn at more than 1,000°F and can ignite clothing. Firecrackers can injure a person's hands or face if they explode at close range.
- **Being too close:** Injuries may result from being too close to fireworks when they explode. For example, when someone bends over to look more closely at a firework that has been ignited, or when a misguided bottle rocket hits a nearby person.
- **Lack of physical coordination:** Younger children often lack the physical coordination to handle fireworks safely.
- **Curiosity:** Children are often excited and curious around fireworks, which can increase their chances of being injured (for example, when they re-examine a firecracker dud that initially fails to ignite).

Talk to your children about the dangers of fireworks and take all necessary precautions at events where fireworks may be used.

Source: Centers for Disease Control (CDC)

Lightning Safety

Lightning kills about 75 people each year in the U.S. Everyone in your family should know the precautions. Follow these six safety tips to minimize risks in a lightning storm.

1. PLAN in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

2. IF OUTDOORS...Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If you see lightning nearby when you are outside, you should:

- **Crouch down.** Put feet together. Place hands over ears to minimize hearing damage from thunder.
- **Avoid proximity** (minimum of 15 ft.) to other people.

3. IF INDOORS... Avoid water. Stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools and TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. SUSPEND ACTIVITIES for 30 minutes after the last observed lightning or thunder.

5. INJURED PERSONS do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

6. KNOW YOUR EMERGENCY TELEPHONE NUMBERS

Teach this safety slogan:

"If you can see it, flee it; if you can hear it, clear it."

Source: National Lightning Safety Institute

Dilled Potato Salad

Ingredients

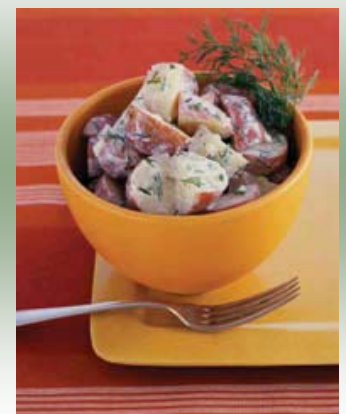
1 pound small red potatoes, scrubbed
1/2 cup (4 oz.) low-fat silken tofu
1/3 cup white wine vinegar
1 tablespoon minced red onion
2 tablespoons chopped fresh dill, plus a few sprigs for garnish
2 tablespoons snipped fresh chives
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Preparation

1. Place potatoes in a large saucepan and add cold water to cover. Bring to a boil, reduce heat to medium and cook until potatoes are just tender, about 12 minutes. Drain potatoes and cut into quarters. Transfer to a bowl.
2. In a food processor or blender, puree tofu, vinegar and onion until smooth. Add dill, chives, salt and pepper; pulse just to mix. Pour over potatoes and toss to mix. Chill for at least 20 minutes to allow flavors to blend.

Makes: 4 Servings | Takes 30 Min

(Photo Source: ©Ellen Silverman/Matria Healthcare)



Nutrition Facts: Per Serving – 120 Calories, 0g Fat, 0g Saturated fat, 0g Trans Fat, 5g Protein, 24g Carbohydrate, 2g Fiber, 274mg Sodium