

Hazard Recognition: Fire Hazards & Prevention

October 2015

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Daily Safety and Health Topics

October 2015

Focus on Hazard Recognition:

Fire Hazards & Prevention



October 1, 2015

Safety Focus

FIRE PREVENTION MONTH

October is Fire Prevention Month. The U.S. Fire Administration reports that fires kill more than 4,000 Americans each year and injure on average 20,000 more. U.S. Fire Departments respond to nearly 2 million fires each year, with three-quarters of them in private residences. As we proceed through October, we'll address tips to avoid fires and reduce the risk of injuries. Let's FINISH STRONG, and do our part to prevent fires.

Health Tip of the Day

BEST DEFENSE AGAINST BUG BITES

According to the Centers for Disease Control and Prevention, the best defense against bug bites is to use insect repellent containing a U.S. Environmental Protection Agency-registered active ingredient for use on skin or clothing. CDC recommends DEET, picaridin, IR3535 or oil of lemon eucalyptus (not "pure" oil of lemon eucalyptus) against mosquitoes. For ticks, repellents with 20 percent or more DEET are recommended. Always follow the directions on the package. Wear long sleeves and pants when possible.

D&I Focus

Smile. A smile can be contagious.

Today is... [World Vegetarian Day](#)



October 2, 2015

Safety Focus

GASOLINE SAFETY

1. Keep gasoline out of children's sight and reach. Children should never handle gasoline.
2. If fire does start while handling gasoline, do not attempt to extinguish the fire or stop the flow of gasoline. Leave the area immediately, and call for help.
3. Do not use or store gasoline near possible ignition sources (i.e., electrical devices, oil- or gas-fired appliances, or any other device that contains a pilot flame or a spark).
4. Store gasoline outside the home in a tightly closed metal or plastic container approved by an independent testing laboratory.
5. Store only enough gasoline necessary to power equipment and let machinery cool before refueling it.
6. Keep a strong Questioning Attitude when working with gasoline.

Health Tip of the Day

IT'S ALL ABOUT PORTION CONTROL

Those 100-calorie packs, as much as we love them, are not always cost effective. Here is a way you can save money and practice portion control. Consider grabbing a giant bag of your favorite snack and a package of inexpensive re-sealable baggies or plastic containers. Break out the measuring cup and portion out your goodies before you have a chance to overdo it.

D&I Focus

Listen. People feel respected when they know you're listening to their point of view.

Today is ... [World Smile Day](#) - first Friday of month



October 3, 2015

Safety Focus

GASOLINE SAFETY

1. Never use gasoline inside the home or as a cleaning agent.
2. Clean up spills promptly and discard cleanup materials properly.
3. Do not smoke when handling gasoline.
4. Use caution when fueling automobiles. Do not get in and out of the automobile when fueling. Although rare, an electrical charge (static) on your body could spark a fire, especially during the dry winter months.
5. Only fill portable gasoline containers outdoors. Place the container on the ground before filling and never fill containers inside a vehicle or in the bed of a pickup truck. (Due to grounding/static hazard)
6. Follow all manufacturer's instructions when using electronic devices (those with batteries or connected to an electrical outlet) near gasoline.
7. Remember STAR (Stop, Think, Act and Review) when working with gasoline

Health Tip of the Day

TIME TO REMOVE TRANS FATS

The Food and Drug Administration recently announced that it is time for food companies to get rid of trans fats (partially hydrogenated oils). Although they have largely been phased out of most foods, the FDA says they are still a public health concern because they can raise “bad” cholesterol and lower “good” cholesterol. Generally, you’ll find trans fats in processed foods such as frostings, pie crusts, biscuits, frozen pizza and vegetable shortenings. The best way to know if a food has trans fats is to look at the ingredient list. Products with trans fats will have partially hydrogenated oils listed as one of the ingredients.

D&I Focus

Say “Hello.” You could make someone’s day.

Today is ... [Techies Day](#)



October 4, 2015

Safety Focus

FIRE PREVENTION WEEK

Today starts Fire Prevention Week 2015. This commemoration was established to help us remember, and hopefully not repeat, the Great Chicago Fire. This was the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on October 8, but continued into and did most of its damage on October 9, 1871. Take Action to educate yourself on Fire Prevention by committing to reading all of the daily safety topics this month (including weekends!), and doing your part to prevent fires.

Health Tip of the Day

HEART ATTACK? TAKE ACTION!

Don't try to "tough out" what might be a heart attack by telling yourself that the symptoms will pass. Call 911 immediately! Every minute matters. Some heart attacks are sudden and intense but most start slowly, with mild pain or discomfort. Some of the most common signs include chest discomfort (pressure, squeezing, fullness or pain); pain or discomfort in one or both arms, the back, neck, jaw or stomach; shortness of breath; nausea; sweating; or lightheadedness.

D&I Focus

Say "Thank you." Gratitude is a gift that's never too small to give.

Today is ... [National Golf Day](#)



October 5, 2015

Safety Focus

FIRE PREVENTION

Yesterday started Fire Prevention Week 2015. While this week was generally intended to commemorate the Great Chicago Fire, it was not the biggest blaze of that infamous week. That distinction goes to the Peshtigo Fire, the most devastating forest fire in American history. The fire, which also occurred on October 8, 1871, and roared through Northeast Wisconsin, burning down 16 towns, killing 1,152 people, and scorching 1.2 million acres before it ended. This is a terrible reminder that we need to do our part to prevent fires! Let's FINISH STRONG as we near the end of 2015. Take action by never leaving a fire unattended. If you must leave (i.e. a campfire) then douse it thoroughly with water. Do a good Post-Job Review after camping.

Health Tip of the Day

PERIMETER VS. AISLE SHOPPING

When you go grocery shopping, do you spend most of your time in the center aisles or around the perimeter of the store? According to a recent consumer research study, most people spend the majority of their time and grocery budget in the center aisle. Your path through the store can impact your food choices. By focusing on the perimeter of the store, you can stock up on fresh foods such as fruits and vegetables, seafood, dairy products, and lean meats. Venture into the center aisles primarily for key staples such as whole-grain breads and cereals, dried beans, and other wholesome foods.

D&I Focus

Reinvent the wheel. Do something that hasn't already been done.

Today is ... [World Teacher's Day](#)



October 6, 2015

Safety Focus

SMOKE ALARMS

In real estate sales, the saying is 'location, location, location'. The same is true for smoke alarms. The National Fire Protection Association's key message for this year's Fire Prevention Week is to install smoke alarms **IN EACH BEDROOM**, outside of each sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms. Why in **EACH BEDROOM**? NFPA statistics are showing that many people are killed in their bedroom by a fire, even if they had a smoke alarm, due to not waking up because of the smoke alarm being too far away, or on the other side of a closed door. Use your questioning attitude when placing smoke alarms. Let's **FINISH STRONG** in 2015 by preventing fire injuries.

Health Tip of the Day

MAKING EXERCISE EASIER

If you find it difficult to fit in 30 minutes or more of exercise, consider exercising in smaller blocks of time. Dividing your time into two or three segments of 10 to 15 minutes per day might feel a little less daunting, and you will still receive the healthy benefits of exercise. For example, you might try fitting one short session in before work, a second during lunch, and a third in the evening. Inviting a friend to join in can make it more fun, too!

D&I Focus

Be open. Try to experience new thoughts and ideas as learning opportunities.

Today is ... [Come and Take it Day](#)



October 7, 2015

Safety Focus

SMOKE ALARM BATTERIES

The U.S. Fire Administration reports that smoke alarms are powered by battery or by your home's electrical system. If the smoke alarm is powered by battery, it runs on either a disposable 9-volt battery or a nonreplaceable 10-year lithium ("long-life") battery. Alarms that get power from your home's electrical system, or "hardwired," usually have a backup battery that will need to be replaced once a year. **FINISH STRONG: Take Action:** Determine the power source for all of your smoke alarms. (See tomorrow's tip for maintenance.)

Health Tip of the Day

BUILDING STRONG BONES STARTS EARLY

Building the "bone bank" during adolescence is the best way to prevent osteoporosis later in life. Maximum bone development generally takes place between the ages of 11 and 17. Bone mass reaches a plateau around age 26, then starts to decline at around age 35. Parents can educate kids early about making good everyday life choices for building strong bones. Staying physically active and getting enough calcium and vitamin D (preferably through calcium-rich foods) are essential for bone development.

D&I Focus

Be flexible. Things don't always go as planned. Adapt to changing conditions when necessary.

Today is ... **Bald and Free Day**



October 8, 2015

Safety Focus

SMOKE ALARM MAINTENANCE

Smoke Alarm Battery Maintenance: Now would be a good time to change the batteries in all of your smoke alarms if you do not have the long-life batteries. This will ensure that you have fresh batteries for the fall and winter when home fires occur more often. Also – set up a procedure of regularly checking your smoke alarm batteries monthly. For example – set a reminder on your smartphone to check them monthly, on the first Saturday of each month. Procedure usage works at home also. **FINISH STRONG!** Do it now!

Health Tip of the Day

HOW MUCH FRUIT?

How much fruit should you eat? Depending on your calorie needs, current government recommendations suggest eating between 1 and 2.5 cups of fruit per day. What counts as a cup? A cup of fruit equals 1 whole piece of most fresh fruits, 1 cup of chopped fresh fruit, 1 cup of fruit packed in water or its own juices, 1 cup of 100 percent fruit juice, or ½ cup of dried fruit. For the best prices and flavor, choose fresh fruits in season or choose canned or frozen fruits in any season. If you use canned or frozen fruits, look for options without added sugars or syrups.

D&I Focus

Join the team. Do your part to support teamwork.

Today is ... [American Touch Tag Day](#)



October 9, 2014

Safety Focus

MORE GASOLINE SAFETY

All too often, we hear of an incident where someone gets injured while trying to start a fire with gasoline. This is ALWAYS a bad idea. Use dry paper or charcoal lighter fluid for starting fires. Here's why: Gasoline is a VERY VOLATILE combustible liquid; and it is much more combustible than kerosene or charcoal lighter fluid. Also, the fumes that result from the evaporation of gasoline are heavier than air. This means that they will not rise out of your area. Instead, they will sink, and gather in low places. Gasoline fumes could fill a low spot or ditch, and if ignited a LARGE explosion could result. Someone lighting a fire with gasoline has a high probability of being severely burned. Always use effective communication when others are around while lighting a fire.

Health Tip of the Day

DON'T REWARD YOURSELF FOR CALORIES BURNED

People often overestimate the calories they burn with exercise and may then reward themselves by eating more. If you run for an hour and then treat yourself to a high-calorie coffee drink and a pastry, you probably consumed more calories than you burned with your run. If your goal is to lose a few pounds, be mindful of your food choices so you don't sabotage your efforts.

D&I Focus

Be a relationship builder. Seek ways to expand your network.

Today is ... [World Egg Day](#) - second Friday of month



October 10, 2015

Safety Focus

PROPANE SAFETY

- Handle any propane-powered equipment cautiously and always follow the manufacturer's instructions.
- Cylinder tanks for equipment such as stoves and ovens must be located outside of the home.
- Never store or use propane gas cylinders larger than one pound inside the home.
- Never operate a propane-powered gas grill inside the home. (Not even in a garage with the door opened.)
- Have propane gas equipment inspected periodically by a professional for possible leaks or malfunctioning parts.
- Carefully follow the manufacturer's instructions when lighting a pilot.
- If you smell a strong 'odor of gas', leave the area immediately and call the fire department from outside the home.
- Use Effective Communication when others are around dealing with propane

Health Tip of the Day

AUTUMN FRUITS

Just because the summer is over, one can continue to enjoy seasonal fruits. Consider a refreshing and tasty fruit salad with blueberries, grapes, cherries, and apples. Also mix in a few nuts such as walnuts or cashews. These are just a few options one can enjoy. For more ideas on ways to prepare fruits, visit: www.fruitsandveggiesmorematters.org and click on "what's in season?"

D&I Focus

Treat others the way they want to be treated. Find out what respect means to others.

Today is ... [National Angel Food Cake Day](#)



October 11, 2015

Safety Focus

PROPANE TANKS

Propane Tanks: Since 2002, all propane tanks have been required to have Overfilling Prevention Devices. The device shuts off the flow of propane entering the tank when a capacity of 80 percent is reached. Old propane tanks (prior to 2002) or tanks in very bad condition or of unknown manufacture date should not be used. Also, propane or natural gas systems in your home required trained technicians to service. Do not try do-it-yourself repairs on these systems.

Health Tip of the Day

STAYING ACTIVE AT ANY SIZE

Would you like to be more physically active, but are unsure if you can do it because of your size? Large, small or somewhere in between, physical activity can give you more energy, lower your stress and help you feel better about yourself. If you feel self-conscious about exercising, try doing something in the comfort of your home, like gardening or dancing to music, or consider a walking group with friends that you are comfortable with. It is always a good idea to talk with your health care provider before starting any physical activity.

D&I Focus

Be culturally competent. Differences are barriers only if we allow them to be.

Today is ... [Take Your Teddy Bear to Work Day](#)



October 12, 2015

Safety Focus

BEDROOM SMOKE ALARMS

Did you know?

Half of home fire deaths result from fires reported between 11 p.m. and 7 a.m. when most people are asleep. This is one reason why the NFPA is now stressing that each bedroom needs a smoke alarm. Establish a home procedure of smoke alarms.

Let's FINISH 2015 STRONG by committing today:

1. "I will install a smoke alarm in each bedroom of my house."
2. "I will install a smoke alarm in each bedroom of my elderly friends or families bedrooms."

Health Tip of the Day

SUN SAFETY

Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Just because the summer is over doesn't mean the skin is not at risk. Kids don't have to be at the pool, beach or on vacation to get too much sun. Their skin needs protection from the sun's harmful UV rays whenever they're outdoors. Most of us know how important it is to rub on sunscreen with UVA/UVB protection. But, there are additional ways to protect your child's skin: keep them in the shade when the UV rays are strongest (10 a.m. to 4 p.m.), cover them up with protective clothing and have them wear a hat.

D&I Focus

Break the ice. Start a conversation with someone new.

Today is ... [Columbus Day](#) - second Monday of month



October 13, 2015

Safety Focus

ALARM TECH

An ionization smoke alarm is generally more responsive to flaming fires. A photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed, to awaken or assist others, (i.e. elderly or handicapped persons in your house) both types of alarms, or combination ionization and photoelectric alarms are recommended. Check the box of the smoke alarm to find out what type it is. Smoke alarm costs have decreased over the years, and it is now inexpensive to have several of each type in your home. **FINISH STRONG!** and improve the smoke alarm set-up in your home.

Health Tip of the Day

EXOTIC VEGGIES

Improve the variety of your diet – try some exotic produce. Nopales or cactus pads are often used in Mexican or Southwest dishes. Jicama (Mexican yam bean or Mexican potato) can be used raw in salads and tastes similar to a pear or apple. Chayote can be used like squash. Cassava is often boiled and can be used like a potato. Have fun experimenting with veggies you have never tried. Doing so may expand your food choices.

D&I Focus

Demonstrate mutual respect. Inclusion means being respectful regardless of position or title.

Today is ... [International Sceptics Day](#)



October 14, 2015

Safety Focus

INTERCONNECTED SMOKE ALARMS

Interconnected Smoke Alarms: These are smoke or fire alarms that are connected via wire or wirelessly, that all alarm together, whenever one detector detects smoke or fire. This increases your time to put out the fire if it is small enough, or gives you more time to escape. The increase in wireless technology has increased the availability of interconnected alarms. Here's an example of how it could work: You install an interconnected system in your house with detectors in all bedrooms, outside of sleeping areas and on every floor of the house. A fire starts due to an electrical short in a living room outlet. You are asleep in your bedroom – but the alarms go off all over the house. Instead of possibly sleeping through the alarm in the living room – because it is on the other side of the house, and your door is shut – you are immediately awakened by the alarm going off in your bedroom. **FINISH STRONG!** and consider installing connected smoke alarms in your home.

Health Tip of the Day

DROWSY AT THE WHEEL?

According to the National Sleep Foundation, 60 percent of survey participants reported that they had driven while feeling drowsy and 37 percent admitted to falling asleep at the wheel during the past year. Drowsy driving is also common among teens. Take charge. Make sleep a priority, take a break every 100 miles or two hours on long trips, have a travel companion to talk with and share the driving, and avoid alcohol and medications that can make you sleepy. Stay awake and stay safe!

D&I Focus

Ask. It's okay to ask when you're not sure.

Today is ... [National Dessert Day](#) - take an extra helping, or two



October 15, 2015

Safety Focus

ALARM TECH

- Three out of five home fire deaths in 2007-2011 were caused by fires in homes with **no smoke alarms** or **no working smoke alarms** (i.e. dead battery).
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 93 percent of the time, while battery powered alarms operated only 79 percent of the time.

FINISH STRONG! and Take Action: If you haven't made the commitment to install smoke alarms on every level and in every bedroom of your house, and create a battery maintenance procedure: Procedure usage at home works. Do it now!

Health Tip of the Day

UNDERSTANDING PSORIASIS

According to the National Institutes of Health, psoriasis is a long-lasting skin disease of scaling and inflammation. Treatment options depend on the severity of the condition, the type of psoriasis and how each person responds to the initial treatments. Things that can cause a person's psoriasis to worsen include infections, stress, changes in climate, and certain medicines. For more information visit: <http://www.niams.nih.gov> and then click on "P" under the health information index.

D&I Focus

Find common ground. Discover what you have in common.

Today is ... [White Cane Safety Day](#)



October 16, 2015

Safety Focus

CANDLE SAFETY

During 2007-2011 candles caused 3% of home fires, 4% of home fire deaths, 7% of home fire injuries, and 6% of direct property damage from home fires.

- On average, there are 29 home candle fires reported per day.
- More than one-third of these fires (36%) started in the bedroom; however, the candle industry found that only 13% of candle users burn candles in the bedroom most often.

Action:

Good: Never, ever, ever, leave a candle unattended.

Better: Follow #1 above, and remove all candles from bedrooms.

Best: Follow #1 above, and remove all candles from the home. (If you like the ambiance created by candles, use safe, battery-powered, LED candles.)

Use your questioning attitude when using with candles.

Health Tip of the Day

EXERCISE TO A BEAT

Research shows that listening to your favorite tunes while working out could help you go farther, faster, longer, and with less discomfort. Most people have an instinct to match their movements and expressions to music – tap their feet, move their head, or dance – even if they suppress it. Music helps distract you from fatigue and can make the whole experience more pleasurable. As long as you don't distract yourself from being safe when exercising outside, music is a great way to “amp up” your workout!

D&I Focus

Communicate respectfully. It's not just what you say, but how you say it.

Today is ... [Bosses Day](#)



October 17, 2015

Safety Focus

WELDING SAFETY

OSHA's Welding/Cutting/Brazing standard is designed to protect workers from many hazards, such as radiation burns, welding fumes, and fires, among others. One of the fire prevention methods is a requirement to take action to prevent fires from the sparks created by the work. It reads: "Wherever there are floor openings or cracks in the flooring that cannot be closed, precautions shall be taken so that no readily combustible materials on the floor below will be exposed to sparks which might drop through the floor." Take action and speak up if you see sparks falling to a lower level! Effective Communication is critical when welding around others.

Health Tip of the Day

STICK WITH IT

Struggling with exercise adherence? Try these four tips.

1. Make it CONVENIENT. Choose an activity, time of day, and location that you can fit into your current schedule.
2. ESTABLISH A ROUTINE. Block out the time on your calendar for exercise and make it a habit.
3. MAKE EXERCISE A PRIORITY. Don't leave your workout time to chance. Find a way to fit it in first.
4. COMBINE FAMILY TIME WITH EXERCISE. Go for a walk, hike, or take a bike ride together.

D&I Focus

Practice patience. Take time to get the full story.

Today is ... [Sweetest Day](#) - third Saturday of month



October 18, 2015

Safety Focus

HOARDING: FIRE HAZARD

Hoarding: Who knew it was an issue for the fire service?

- Two to five percent of Americans may meet the criteria for being hoarders, says psychologist David Tolin, PhD, author of Buried in Treasures.
- Hoarding can be a fire hazard. Many occupants die in fires in these homes. Often, blocked exits prevent escape from the home. In addition, many people who are hoarding are injured when they trip over things or when materials fall on them.
- Responding firefighters can be put at risk due to obstructed exits, falling objects, and excessive fire loading that can lead to collapse. Hoarding makes fighting fires and searching for occupants far more difficult.
- Those living adjacent to an occupied structure can be quickly affected when a fire occurs, due to excessive smoke and fire conditions.

Health Tip of the Day

DINING OUT ON A BUDGET

Eating out doesn't have to be expensive. Try looking for coupons or weekly specials – check your newspaper, online, or join “frequent diner” programs offered by many eateries. Order water rather than a soda or cocktail. Also, consider splitting your meal in half and sharing it with a family member or saving the second half for the next day. For this latter option, you might want to ask your server to prepare it to-go ahead of time just to resist temptation. This will not only save you money but calories as well.

D&I Focus

Seek understanding. It's better to not fully understand than to fully misunderstand.

Today is ... [No Beard Day](#)



October 19, 2015

Safety Focus

COOKING FIRES

Did You Know?

- U.S. fire departments responded to an estimated annual average of 156,600 cooking-related fires between 2007-2011, resulting in 400 civilian deaths, 5,080 civilian injuries and \$853 million in direct damage.
- Two of every five home fires started in the kitchen.
- Unattended cooking was a factor in one-third of reported home cooking fires.

Action: FINISH 2015 STRONG! by teaching your family to never leave stoves unattended when in use! Use Effective Communication with your family while cooking so nothing gets left unattended.

Health Tip of the Day

POSITIVE IMAGERY FOR ATHLETIC SUCCESS

What are you thinking about before shooting a basketball or putting a golf ball? Research suggests a good way to improve success in these athletic tasks is through positive imagery. Instead of thinking, "don't miss," visualize success. Imagine yourself performing perfectly and confidently while incorporating all your senses (see, feel, hear, smell and taste). Positive visualization is a skill and takes practice in order to be perfected.

D&I Focus

Share your point of view. Everyone has a perspective. Let others benefit from yours.

Today is ...[Evaluate Your Life Day](#)



October 20, 2015

Safety Focus

HEATING EQUIPMENT FIRES

Did You Know?

- The leading factor contributing to heating equipment fires was failure to clean. This usually involved creosote build-up in chimneys.
- Portable or fixed space heaters, including wood stoves, were involved in one-third of home heating fires and 81 percent of home heating deaths.
- Just over half of home heating fire deaths resulted from fires caused by heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattresses or bedding.
- In most years, heating equipment is the second leading cause of home fires, fire deaths, and fire injuries.

FINISH STRONG! Research the manufacturer's maintenance requirements for all of your heating equipment, and then develop a plan to follow it. This may mean having a professional cleaning of your air conditioning/heating equipment annually or biannually. Developing a good home fire procedure is very beneficial.

Health Tip of the Day

BENEFITS OF QUITTING SMOKING

According to the National Cancer Institute, the health benefits of quitting smoking begin quickly. Within hours, carbon monoxide levels in the blood begin to drop. Heart rate and blood pressure begin to return to normal. After a few days, smell and taste senses improve. After just a few months, lung function and breathing get better and the risk of chronic health problems such as cancer and heart disease begins to fall. To learn more about quitting smoking, visit www.smokefree.gov.

D&I Focus

Get someone else's point of view. After sharing your perspective, give others a chance to share theirs.

Today is ... [Brandied Fruit Day](#)



October 21, 2015

Safety Focus

ELECTRICAL FIRES

About half (48 percent) of home electrical fires involved electrical distribution or lighting equipment. Other leading types of equipment were washer or dryer, fan, portable or stationary space heater, air conditioning equipment, water heater and range. Electrical failure or malfunctions caused an average of 47,800 home fires per year in 2007-2011, resulting in an average of 450 deaths and \$1.5 billion in direct property damage. Let' **FINISH STRONG!** and take action to investigate electrical problems quickly, and get professional help from a licensed electrician asap. This may mean turning off power supplies until a repair is made. But that's a lot better than a fire!

Health Tip of the Day

DO SWEAT THE SMALL STUFF!

Sweating the small stuff may not be good advice when dealing with daily stresses, but it can be very helpful when starting a lifestyle change. If you're trying something new, start with a step that is so easy, you know you can do it! For example, if you want to cut back on sugary drinks, start by replacing just one serving with a glass of water. If you want to move more, start by keeping a pair of walking shoes nearby. These steps might sound simple, but starting somewhere is an important key to long-lasting change.

D&I Focus

Lead the way. Let your inclusive behavior light a path for others.

Today is ... [National Pumpkin Cheesecake Day](#)



October 22, 2015

Safety Focus

HOME FIRES

Did you know?

- Three out of five home fire deaths happen from fires in homes with no smoke alarms or no working smoke alarms.
- Home fires killed an average of eight people every day in 2013.
- Cooking equipment is the leading cause of home fire injuries, followed by heating equipment.
- Smoking materials are the leading cause of home fire deaths.

Let's FINISH 2015 STRONG! and (politely) move the smokers outside! (And encourage them to stop smoking!)

Health Tip of the Day

HOW'S YOUR BALANCE?

Good balance is important, especially as we get older. It can help improve coordination and athletic skill, as well as reduce the risk of injuries from falls by increasing stability. Simple exercises may help improve your balance. One example is standing on one foot, holding the position for up to 10 seconds, and repeating several times on each leg. Hold onto a sturdy chair to help you remain steady as you get started. Combining lower-body strengthening exercises with balance activities is also beneficial. If your legs or core muscles are weak or your balance is very poor, ask a fitness professional for help in getting started.

D&I Focus

Do the right thing. Be fair.

Today is ... [National Nut Day](#)



October 23, 2015

Safety Focus

CO SAFETY

What is carbon monoxide (CO) and how is it produced? Carbon monoxide (CO) is a deadly, colorless, odorless, poisonous gas. It is produced by the incomplete burning of various fuels, including coal, wood, charcoal, oil, kerosene, propane, and natural gas. Products and equipment powered by internal combustion engines such as portable generators, cars, lawn mowers, and power washers also produce CO. CO-producing engines or sources of heat should NEVER be used indoors. Heaters that are designed to be used indoors, that produce CO must be properly vented according to manufacturer's instructions.

Action: Decide on a time to talk to your family about the hazards of CO. For example, at an evening meal time; print up today's Daily Safety Focus and have someone read it. Follow up with a discussion about preventing CO poisoning.

Health Tip of the Day

THINK TWICE ABOUT TACO SALADS

Don't let the word "salad" mislead you when dining out. According to our registered dietitian, some taco salads contain more calories and fat compared with other menu items because the meat, cheese, sour cream, and fried shell can quickly add up. For a lower-calorie option, skip the fried shell, ask for grilled chicken breast instead of taco meat, and ask for the sour cream on the side. Request extra salsa to add more veggies and flavor to your meal.

D&I Focus

Be considerate. Your words and actions affect others.

Today is ... [National Mole Day](#)



October 24, 2015

Safety Focus

CO POISONING

How many people are unintentionally poisoned by CO? On average, about 170 people in the United States die every year from CO produced by non-automotive consumer products. These products include malfunctioning fuel-burning appliances such as furnaces, ranges, water heaters and room heaters; engine-powered equipment such as portable generators; fireplaces; and charcoal that is burned in homes and other enclosed areas. In 2005 alone, CPSC staff is aware of at least 94 generator-related CO poisoning deaths. Forty-seven of these deaths were known to have occurred during power outages due to severe weather, including Hurricane Katrina. Still others die from CO produced by non-consumer products, such as cars left running in attached garages. The Centers for Disease Control and Prevention estimates that several thousand people go to hospital emergency rooms every year to be treated for CO poisoning.

Action: Do not use ANY combustion-related equipment indoors, unless professionally installed and maintained according to manufacturer's instructions. Always follow manufacturer's procedures. (For example: A natural gas-fueled water heater.)

Health Tip of the Day

HEALTHY DINING FINDER

Eating out is one of America's favorite pastimes. But, if you're not careful, the calories can add up quickly. Healthydiningfinder.com is a free online resource where consumers can easily search for their favorite restaurants to find healthier choices when eating out. The Website includes nutrition information for select dietitian-approved healthy menu options served at thousands of restaurant locations, including fast-food and upscale restaurants.

D&I Focus

Remember, we all make mistakes. Resist the urge to point out the ones others make.

Today is ... [United Nations Day](#)



October 25, 2015

Safety Focus

CO POISONING

What are the symptoms of CO poisoning? Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include: headache, fatigue, shortness of breath, nausea and dizziness. High level CO poisoning results in progressively more severe symptoms, including: mental confusion, vomiting, loss of muscular coordination, loss of consciousness, and ultimately death. If you notice the onset of any of these symptoms, get out of the building! And then call 911.

Health Tip of the Day

FIND A LOCAL FARMERS MARKET

Farmers markets are a great place to purchase fresh, local produce, especially during this time of the year when so many fresh fruits and vegetables are in season. Many farmers markets also carry other locally produced foods such as meats and eggs. To find a farmers market in your area, visit <http://search.ams.usda.gov/farmersmarkets/>.

D&I Focus

Get involved. Make a difference. Get caught being good.

Today is ... [World Pasta Day](#)



October 26, 2015

Safety Focus

SMOKING HAZARDS

Did you know?

- Smoking materials started an average of 17,900 smoking-material home structure fires per year during 2007-2011. These fires caused an average of 580 deaths, 1,280 injuries and \$509 million in direct property damage per year.
- Most deaths in home smoking-material fires were caused by fires that started in bedrooms (40 percent) or living rooms, family rooms or dens (35 percent).

So...Let's FINISH 2015 STRONG! Use this knowledge as a reason to move the smokers outside, which will reduce fire hazards, and improve indoor air quality. And encourage smokers to quit smoking!

Health Tip of the Day

FOOD SAFETY AT HOME

You can significantly reduce your risk for foodborne illness by handling foods properly when cooking at home. According to the Academy of Nutrition and Dietetics, four simple tips can help you keep food safe:

1. Wash hands often when preparing food.
2. Keep raw meats and ready-to-eat foods separate.
3. Cook foods to proper temperatures.
4. Refrigerate foods promptly below 40 degrees Fahrenheit.

D&I Focus

Become a mentor. You—yes, you—can help others realize their potential.

Today is ... [National Mincemeat Day](#)



October 27, 2015

Safety Focus

SMOKING HAZARDS

Did you know?

- Sleep was a factor in roughly one-third of the home smoking material fire deaths.
- Possible alcohol impairment was a factor in one in five (19 percent) of home smoking fire deaths.
- One out of four fatal victims of smoking-material fires is not the smoker whose cigarettes started the fire.

FINISH 2015 STRONG! Don't allow smoking in your home. Post your home safety procedure. – besides being safer, it will smell better!

Health Tip of the Day

SUNGLASSES FOR KIDS

Experts recommend that everyone, including children, protect their eyes from the sun. Sunglasses with ultraviolet protection can help filter out damaging rays. Shop for sunglasses that block 99 percent to 100 percent of both UV-A and UV-B rays and that fit children's active lifestyles. Think function instead of fashion when buying sunglasses. Look at the amount of UV protection, lens quality and durability to ensure that you buy the right sunglasses for your child.

D&I Focus

Take a healthy step. Do something good for your health and encourage a friend to join you.

Today is ... [Navy Day](#)



October 28, 2015

Safety Focus

CHILDREN AND FIRE SAFETY

Between 2007 and 2011, an average of 49,300 fires involving playing with fire were reported to U.S. municipal fire departments per year. These fires caused annual averages of 80 civilian deaths, 860 civilian injuries, and \$235 million in property damage.

- Younger children were more likely to set fires in homes, while older children and teenagers are more likely to set fires outside.
- Males were more likely to engage in fire-play than females, as 83% of home structure fires and 93% of outside or unclassified fires were set by boys when age was coded as a factor
- Lighters were the heat source in just over half (52%) of fires in homes involving play
- 39% of home fires involving play began in a bedroom

FINISH STRONG by teaching children in your area of influence about fire safety and preventing fire injuries! Teach and use effective communication with children about fire dangers. (Check out <http://www.nfpa4kids.org>)

Health Tip of the Day

HIRING A PERSONAL TRAINER

Working with the right personal trainer can really help you reach your goals. Our fitness experts recommend you consider these important criteria when hiring a personal trainer: Is he or she certified by a reputable organization such as the American College of Sports Medicine, American Council on Exercise or National Strength and Conditioning Association? Do they have an academic background in health or exercise science? Have you heard positive comments from other clients? Are their fees reasonable? Can they work with your schedule? Does their personality fit with your needs?

D&I Focus

Lend a hand. A little help can go a long way.

Today is ... [Plush Animal Lover's Day](#)



October 29, 2015

Safety Focus

HALLOWEEN SAFETY

This weekend is Halloween! This is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics.

ALL DRESSED UP:

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- Obtain flashlights with fresh batteries for all children and their escorts.
- Search for more Halloween Safety tips on the AAP website.
- Do a good Pre-Job Brief before the kids go out.

FINISH STRONG! by preventing injuries this Halloween!

Health Tip of the Day

COOKING WITH FRESH HERBS

Fresh herbs are a delicious way to add flavor to meals. Many of them can be grown in a garden or even a small pot or planter indoors. You may also be able to purchase fresh herbs in the produce department of your local grocery store. Enjoy fresh basil and oregano in Italian dishes, cilantro in salsa and tacos, and rosemary in chicken and potato dishes. If you are new to cooking with fresh herbs, try a new recipe or two to help discover your family favorites!

D&I Focus

Sweat the small stuff. It's often the small things, such as being kind and courteous, that make a difference.

Today is ... [National Frankenstein Day](#)



October 30, 2015

Safety Focus

HALLOWEEN SAFETY

CARVING A NICHE:

- Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.
- Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest.
- Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.
- Use your strong questioning attitude when carving your pumpkin

Health Tip of the Day

ENGAGING YOUR CORE

When you are sitting at your desk, try taking a moment to practice engaging your core muscles. Doing so can improve your posture and help prevent low-back pain. Sit up tall; place one hand on your belly and the other in the small of your back. Bring your hands closer together through compressing your abdominal wall. Next, move your hands to the sides of your natural waist. While breathing normally, draw them toward one another without pressing, narrowing your waist.

D&I Focus

Be a champion of dignity and respect. Encourage others to do the same.

Today is ... [National Candy Corn Day](#)



October 31, 2015

Safety Focus

HALLOWEEN: ON THE TRAIL

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Pedestrian injuries are the most common injuries to children on Halloween!
- Effective Communication with your children is key to increase their awareness.

See here for more tips: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Halloween-Safety-Tips.aspx#sthash.u17D2ep0.dpuf> or do an online search of 'AAP Halloween Safety'.

Health Tip of the Day

HALLOWEEN TREATS

There are healthy alternatives to giving out candy during Halloween. Try handing out dried fruits packages or small bags of trail mix. These options will be lower in calories and fat and provide some nutritional value. Also, be sure your children can be seen. Place reflective tape on the costume and have the child carry a flashlight.

D&I Focus

Focus on the value of individuals. Everyone has something to offer. Happy Halloween!

Today is ... [Halloween](#)

