

BHS A.S.S.I.S.T. E-NEWS

The 4th of July and Fireworks Safety

Using fireworks on our nation's birthday is as traditional as cookouts and parades. But in the midst of revelry, it's easy to forget that they are dangerous explosives – not toys. Fireworks send thousands of people to the hospital each year and cause millions of dollars in fire losses.

According to the U.S. Consumer Product Safety Commission, more than 9,000 firework-related injuries happen each year. Nearly half are head-related traumas with almost 30% of these affecting the eyes. The U.S. Fire Administration reports that fireworks annually cause more than 30,000 fires nationwide, as well as millions of dollars in property damage.

Help your family and friends celebrate this Fourth of July holiday safely by sharing the following tips:

- Never allow small children to go near fireworks; Supervise older children
- Always follow local ordinances and directions of local police and fire personnel (visit www.fireworksafety.com for a directory of state laws)
- Always have water handy (like a hose or bucket)
- Use only as intended, and read and follow instructions; Don't try to alter or combine them
- Remember that matches and lighters are tools – not toys
- Never relight a "dud"; Wait 20 minutes, then soak in a bucket of water

- Have a "designated shooter" if needed since alcohol and fireworks do not mix
- Never lean over when lighting them
- Tie hair back, wear safety goggles and tight-fitting clothes if you are the shooter
- Keep a safe distance from the shooter
- Never use homemade fireworks or illegal explosives – they can kill you! Report illegal explosives to your community fire or police department
- Never point or throw them at another person
- Never shoot devices over roofs, other structures or near power lines
- Keep a first aid kit nearby for emergencies
- Do not touch, rub or press an injured eye; Call 9-1-1 for paramedics who will safely transport the victim to a hospital emergency department
- Cover a severe burn with a dry dressing and go to your nearest emergency department, or call 9-1-1 for paramedic care

See *FIREWORKS* on Page 4 for More Tips



Why Should I Use My Employee Assistance Program?

Sometimes life throws us a curve we can't handle. At those times, it may help to talk to an objective person who will work with you in a confidential manner. This person can work with you toward positive problem solving. Call your Care Coordinator at 800-245-1150 to obtain more information and to schedule an appointment.



Keeping Cool Doesn't Have to be Expensive

The summer months are usually hot ones, and keeping your house cool and comfortable can be an expensive proposition as energy costs increase. You can conserve your cash, keep cool and help the environment with these cost-conscious tips:

Don't be a wimp. Commit to using your air conditioning only when you really need it. Get a thermostat you can program to turn on at a certain preset temperature, and try to keep it at 78 degrees or above when you're home during the day. Set it to a higher temperature at night and when you're away.

Check your fan. A ceiling fan can cool a room, but only if it's blowing air downward so hot air moves away from you. If you're not sure, stand beneath the fan and look up: If the fan blades are rotating counterclockwise, it's pushing air down.

Don't cool everywhere. You may not need to keep the entire house or apartment cool if you use only a few rooms. Close the registers, but be careful not to block too much air, or you may cause a leak in the ducts. Talk to an A/C service professional about what's safe for your unit.

Limit use of appliances. Try to avoid cooking indoors, at least during the daytime. Your oven and stove will be battling your air conditioning. Use your grill or microwave to cook meals. Open up your dishwasher to let dishes air-dry instead of using heat. Run your clothes dryer at night when temperatures are cooler.

Close your curtains. Keep blinds closed and curtains drawn, especially for windows that face west or south. This will prevent the sun from adding more heat to your home.

Maintain an even temperature. Don't turn your air conditioning completely off during the day, even if you won't be home. Set it to a reasonable level on days expected to be 85 degrees or higher to avoid overworking it when you return and turn on the unit. Ψ

"To reach a port, we must sail, sometimes with the wind and sometimes against it. But we must not drift or lie at anchor."

~ Oliver Wendell Holmes, SR

Are you "off course"? Your EAP can help.



How *Not* to Lose Your Job with Social Networking

A survey of companies with 1,000+ employees by Proofpoint, an Internet security firm, found that 8% of companies have fired an employee for misbehavior related to social networks like Facebook or LinkedIn.

How can you avoid joining them? Steer clear of these obvious online mistakes:

- Sharing confidential information about your organization
- Sharing workplace rumors
- Posting inappropriate photos of yourself
- Complaining about your boss or company
- Criticizing your co-workers
- Posting that you're looking for a new job
- Spending too much time (or any at all, in some workplaces) on social networking sites when you should be working Ψ



1. Swimming is an excellent activity for which of these?

a. aerobic training	c. losing weight
b. rehabilitating an injury	d. all of the above
2. Water workouts are easier on joints because of water's buoyancy. How much does water reduce the body's weight?

a. 90%	c. 75%
b. 80%	d. 50%
3. Water also adds resistance to movement. What is the benefit of that?

a. tones and strengthens muscles
b. increases flexibility
c. improves range of motion
d. all of the above
4. How long does it take to acclimate to a swimming workout?

a. 1 week	c. 2 weeks
b. 1 month	d. 2 months
5. How often should you breathe with arm strokes?

a. after every arm stroke
b. every second stroke
c. every third stroke
d. doesn't matter
6. People who have which of these conditions should not do a swimming workout?

a. asthma	c. heart disease
b. Parkinson's	d. none of the above
7. At what intensity should you work to gain aerobic benefit from swimming, on a scale of 1 to 10?

a. 3	c. 5
b. 8	d. 10
8. If you're a beginner, you should alternate freestyle laps with kick laps. How long should you rest between laps?

a. don't stop to rest
b. rest 1 minute after 2 freestyle laps, 45 seconds between each 2 kicking laps
c. rest 30 seconds after 2 freestyle laps, 30 seconds after each kicking lap
d. rest 1 minute after all laps
9. What's the minimum amount of time you should swim per workout if weight loss is your goal?

a. 20 minutes	c. 45 minutes
b. 30 minutes	d. 1 hour
10. At a minimum, how often should you swim to gain fitness results?

a. once per week	c. three times per week
b. twice per week	d. five times per week

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1. D, all of the above.
2. A, 90%, if you're fully immersed. If you're 150 lbs, you weigh only 15 lbs. Stress on joints is minimal, making swimming especially good for arthritis sufferers.
3. D, all of the above.
4. B, 1 month. Work up to swimming by walking or jogging if you've been sedentary.
5. C, every third stroke. Breathing after every stroke encourages fast, not deep, breathing.
6. D, none of the above. Swimming would be a good choice for most people with these diseases. *(If you have any health condition, consult your physician before engaging in any new fitness activity.)*
7. C, 5. Pushing too hard too early will defeat your purpose, but not working hard enough won't improve fitness.
8. B, rest 1 minute after two laps freestyle, 45 seconds between two laps of kicks. As you become stronger, reduce the rest time.
9. A, 20 minutes of swimming. Work up to that.
10. C, three times per week.

Source: *Krames Staywell*

FIREWORKS from page 1

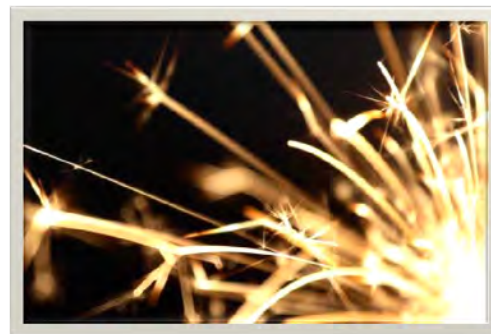
Maybe your family and friends will forego "big" fireworks and instead opt for low-key sparklers. But even these seemingly harmless devices can be dangerous. Sparklers can reach temperatures of up to 1,800 degrees and remain hot enough to cause serious burns even after they are extinguished.

According to the U.S. Consumer Product Safety Commission, approximately 16% of all consumer firework injuries are caused by sparklers burning hands and legs, with the majority of these injuries occurring to young children. Nancy Blogin, President of the National Council on Fireworks Safety, notes that sparklers can be safe if a few common sense rules are followed:

- Do not allow children under 12 to use sparklers without adult supervision
- Always remain standing while using them
- Never hold a child in your arms while using sparklers
- Never hold or light more than one at a time
- Always wear close-toed shoes when using them since sparklers and bare feet can be a painful combination
- Drop spent sparklers directly into a bucket of water since the wire and stick remain hot long after the flame goes out
- Never hand a lit sparkler to another person; Give it to them unlit, and then light it
- Always stand at least 6 feet away from another person while using sparklers
- Show children how to hold them away from their body and at arm's length
- Teach children not to run while holding sparklers

Fireworks are meant to be enjoyed, and you'll enjoy them more knowing your family is safe. Take extra precautions this Fourth of July, and your holiday will be a blast! Ψ

Source: *National Council on Fireworks Safety*

**MANGO FROZEN YOGURT from www.cookthink.com**

1 to 2 tablespoons drained plain yogurt
 1 to 2 handfuls chopped mango, frozen
 1 splash lime juice or white rum (or to taste)
 1 teaspoon honey (or to taste)
 Lime zest, fresh mint, cinnamon or nutmeg
 (optional)

Prep time: 15 min

Total time: 15 min, plus a few hours to drain yogurt

Servings: 1

Tools: sieve, cheesecloth, freezer bag, food processor or blender

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1. Drain the yogurt: In a sieve lined with cheesecloth, drain plain yogurt for a few hours or overnight.
2. Prep the mango: Peel and slice the fruit; place in a freezer bag and freeze for a few hours or overnight.
3. Make the frozen yogurt: Combine drained yogurt, frozen mango and splash of white rum or lime juice in a food processor or blender. Pulse until smooth. Taste for sweetness, adding honey if desired, and pulse again to combine. At this point, you can add lime zest, fresh mint, cinnamon or nutmeg to taste. Add a bit of water if the mixture seems too thick. Serve immediately.