

# Next council meeting: June 2019



“Shallow men believe in luck; wise and strong men in the cause and effect.”  
- Ralph Waldo Emerson

## Spring & Summer Safety Tips

If grilling, ensure your grill or open flame is away from your home, and keep children and pets away from the grill area. Keep charcoal lighting fluid away from children and heat sources. For more grilling safety tips, visit <http://www.nfpa.org/public-education/by-topic/wildfire-and-seasonal-fires/grilling>.

If enjoying the outdoors, wear sunscreen, sunglasses, and a hat to prevent overexposure to the sun. Take precaution against poisonous plants and biting/stinging insects. For more information, visit <http://www.webmd.com/allergies/tch-relief-11/summer-skin-hazards>.

Be sure to protect yourself and loved ones from food hazards at picnics and outdoor events. Keep cold foods cold and hot foods hot. Ensure you cook meats to the appropriate temperature. Do not leave perishables out too long. [For more information, visit https://www.foodsafety.gov/](https://www.foodsafety.gov/).

If you'll be on or near the water, remember to wear your life jacket, do not drink and boat, supervise children and inexperienced swimmers at all times, don't swim alone, and do not boat or swim in severe weather. For more information, visit <http://www.uscgboating.org/recreational-boaters/index.php?m=rb>.

## May 2019

### Board Members

**Chair:** Matt McCoy (VHA)  
**Vice chair:** Terri Stamm (US ACE)  
**Secretary:** Margaret Krishnan (VHA)

## May's Safety Observances

[National Motorcycle Safety Month](#)

[National Bike Safety Month](#)

[National Electrical Safety Month](#)

[Clean Air Month](#)

[National Trauma Awareness Month](#)

[National Water Safety Month](#)

[Healthy Vision Month](#)

[Better Hearing Month](#)

[Building Safety Month](#)

[Safe Boating Week \(5/18-5/24\)](#)

[Healthy and Safe Swimming Week \(5/20-5/26\)](#)

[Global Health and Fitness Month](#)

[Food Allergy Action Month](#)

[Hepatitis Awareness Month](#)

[Mental Health Month](#)

[National Physical Fitness and Sports Month](#)

[National Stroke Awareness Month](#)

[Skin Cancer Awareness Month](#)

[National Women's Health Week \(5/12-5/18\)](#)

[Hurricane Preparedness Week \(5/5-5/11\)](#)

[Don't Fry Day \(Sunburn Prevention\) \(5/24\)](#)

[Heat Safety Awareness Day \(5/25\)](#)

## In the News:

**Sharing the road safely: New report details trucker concerns amid new marijuana laws (Safety + Health Magazine, May 15, 2019)**

Arlington, VA – Concerned about truck drivers sharing the roads with passenger vehicle drivers who are under the influence of marijuana in states where recreational and medicinal use is legal, the American Transportation Research Institute has released a report detailing methods to identify and deter impaired driving.

<https://www.safetyandhealthmagazine.com/articles/18394-sharing-the-road-safely-new-report-details-trucker-concerns-amid-new-marijuana-laws>

**The No Maintenance Myth (Occupational Health & Safety Magazine, May 14, 2019)**

People seem to have this yearning to find a gas detector that doesn't need to be bump tested or calibrated (but can magically be ready at any moment to provide the proper detection with 100 percent accuracy).

<https://ohsonline.com/articles/2019/06/01/the-no-maintenance-myth.aspx?admgarea=news>



## Motorist Awareness

Safe riding practices and cooperation from all road users will help reduce the number of fatalities and injuries on our nation's highways. But it's especially important for drivers to understand the safety challenges faced by motorcyclists such as size and visibility, and motorcycle riding practices like downshifting and weaving to know how to anticipate and respond to them. By raising motorists' awareness, both drivers and riders will be safer sharing the road.



"Brianna dropped the skateboard in front of Sam. "Don't worry: I won't let you fall off."

"Yeah? Then why did you bring the helmet?"

Brianna tossed it to him. "In case you fall off."

— **Michael Grant, Hunger**

**So, how do you fit a bike (or skateboard or scooter) helmet? Here's a great handout to share with your folks!**

[https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/8019\\_fitting-a-helmet.pdf](https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/8019_fitting-a-helmet.pdf)

To learn more about bicycle safety, visit

<https://www.nhtsa.gov/road-safety/bicycle-safety>

## OSHA Night at the Movies!

Did you know OSHA has a ton of videos available online? The currently featured video, "Excavations in Construction: Soil Classification," demonstrates how a visual inspection of a construction site's soil is performed. It also shows the three most common methods for testing soil stability: plasticity, thumb penetration, and pocket penetrometer. Check out this and other videos on the OSHA website. <https://www.osha.gov/video/>

## Heat Safety Tips and Resources

The National Weather Service has a great website for information and resources to protect you, coworkers and loved ones from the hazards of hot weather. Visit <https://www.weather.gov/safety/heat>

Heat Safety	Heat Watch vs. Warning	Heat Index	During a Heat Wave	Heat Related Illnesses
<b>Practice HEAT SAFETY Wherever You Are</b>				
Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.				
<b>Job Sites</b> Stay hydrated and take breaks in the shade as often as possible.		<b>Indoors</b> Check up on the elderly, sick and those without AC.		
<b>Vehicles</b> Never leave kids or pets unattended - LOOK before you LOCK		<b>Outdoors</b> Limit strenuous outdoor activities, find shade, and stay hydrated.		

For more information or to contribute an article please contact Margaret Krishnan at 612-467-2647 or [Margaret.Krishnan@va.gov](mailto:Margaret.Krishnan@va.gov)