**Think Safety**

**Spring 2017**
By the Lifeworks Safety Committee

**Safe Transportation**

The nicer weather is approaching AND it’s still important to practice safe transportation techniques with the individuals we support.

**Don’t be a distracted driver!**

Every year, about 421,000 people are injured in crashes that have involved a driver who was distracted in some way. Each year, over 330,000 accidents are caused by texting while driving leading to severe injuries. This means that over 78% of all distracted drivers are distracted because they have been texting while driving. (distracteddriveraccidents.com)

Put down the cell phones, lower the music, and have both hands on the wheel. 
No matter where you might be bringing an individual, you should always be prepared! So here are a few things to keep in mind to keep everyone safe while traveling:

- Have emergency information handy for each individual you are transporting
- Have a first-aid kit that is fully stocked
- Maintain vehicle inspections and any necessary maintenance
- If transporting on a wheelchair van, ensure ancillary pieces of medical equipment are secured on the vehicle floor or underneath the seat/wheelchair, as these may become dangerous projectiles in the event of an accident or rough terrain.
- If your individual requires any electric equipment for travel, make sure you have a source of power to last twice as long as you need for the duration of the trip, in case of changing circumstances.
- Bring extra supplies like medicines, prescriptions and sustenance along for the trip to account for any changes in schedule or lost items.

**Is it Food Poisoning or the Stomach Bug?**

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SYMPTOMS NORMALLY LAST BETWEEN 24 TO 48 HOURS AFTER BEING EXPOSED TO THE VIRUS.

SYMPTOMS USUALLY APPEAR 2 TO 6 HOURS AFTER THE INITIAL EXPOSURE. SYMPTOMS DO NOT USUALLY LAST LONGER THAN 2 DAYS.

**When Thunder Roars, Go Indoors!**

**STOP all activities.**
Seek shelter in a substantial building or hard-topped vehicle.
Wait 30 minutes after the storm to resume activities.

**Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home? If thunderstorms, tornadoes, and floods do occur, you’ll be ready for them.**
What Are Isometric Exercises?

While you do work your muscles when performing isometric exercises, those muscles don’t change in length and your joints don’t move during the exercises. In other words, you can perform isometric exercises while in a stationary position with no movement.

In addition to being a convenient way to work out without using exercise equipment, isometric exercises can provide you with some health benefits. The Mayo Clinic reports that isometric workouts can enhance stabilization and boost strength in people with arthritis -- or who have injuries that inhibit range of motion. Isometric exercise training lowers blood pressure and resting heart rate. Because of this, completing isometric exercises regularly may help lower your risk of developing heart disease.

Examples of lower-body isometric exercise are wall sits and leg pull-downs. Complete wall sits by holding a squat position with your back against a wall and your knees bent at a 90-degree angle -- your thighs should be parallel with the floor. Hold this position until your muscles fatigue, which is usually about 10 to 30 seconds, and repeat for a total of three sets. Complete leg pull-downs against a wall as well. In a standing position, pull one of your knees up until your thigh is parallel with the floor. Interlock your hands below your thigh. While pulling up with your hands, push down with your hamstring to create isometric resistance.

Completing hand presses and triceps wall pushes will help strengthen your upper body -- including your chest, biceps and triceps. To perform a hand press, stand or sit with your fingers interlocked and your hands in praying position. Both forearms should be parallel with the floor facing away from each other. Push your palms together and squeeze your chest, biceps and triceps muscles for 10 to 30 seconds. Repeat this exercise for a total of three sets. Perform triceps wall pushes by standing against a wall with your back straight and arms down at your sides. With your palms facing the wall and using your arm muscles, push hard against the wall.

To work your abdominal muscles, including your obliques, perform plank and side plank isometric exercises. Complete a plank workout by getting into a push-up position, but support your body using your elbows and forearms instead of your hands. Aim to hold the plank position for 30 seconds, and repeat three times. Perform a side plank by turning to your side on the floor and supporting your body with one forearm and elbow, while keeping the rest of your body straight. Hold for about 30 seconds before switching sides.

10 Things to Deep Clean This Spring

Kitchen Cabinets  Take out contents, wipe surfaces with warm, soapy water.

Windows  Both inside and out.

Refrigerator  Clean inside and out. Take out crisper drawers and fill with warm soapy water. Clean thoroughly. Wipe down shelves.

Oven  Chip off loose pieces. Sprinkle with baking soda and a few drops of vinegar. Allow to bubble before wiping up.

Tiled Surfaces  Homemade Cleaner: 1/2 cup baking soda into 2 gallons H2O. Apply with string or sponge mop.

Closet  Get rid of unworn clothes and accessories. Organize the rest according to how you dress and by color.

Washing Machine  Run with hot water. Disinfect with Baking Soda and distilled white vinegar. Let it sit for 30-60 min. Restart and allow to drain.

Bedding  Wash pillows and comforters in addition to sheets, pillowcases, and blankets.

Mattress  Vacuum with small crevice tool. Spot clean with upholstery cleaner. Sanitize with disinfectant spray.

Bookshelves  Sort books by subject. Wipe down shelves. Line books both

Mosquito Control

The temperature plays a key factor in determining the actual start of the mosquito season. Generally, mosquito activity will begin when the temperature reaches the 50° F level. Mosquitoes thrive on hot weather. Thus, as the temperature begins to rise, the mosquito volume increases accordingly. The mosquito season reaches its peak during the hot summer months. When temperatures reach 50 degrees, mosquito eggs begin to hatch — usually late April or early May (because of it being warm early the season could start earlier).

To control mosquitoes on your property:

- Remove any objects that collect water.
- Clean clogged gutters.
- Fill in low-lying areas.
- Fill in hollow logs.
- Install yellow lights.
- Check screens.

Add Mosquito-Repellent Plants: Certain plants are known mosquito repellents. Planting catnip, geraniums, basil, mint, and marigolds around your garden can naturally repel the bloodsucking insects. Many different repellents have come and gone, but the most effective ingredient remains DEET (N,N-diethyl-3-methylbenzamide). DEET is not only the most effective, it is also the best studied insect repellent currently available to the public. Unfortunately, mosquitoes can’t just go away. For one, animals that eat mosquitoes might have a hard time getting enough to eat. This includes frogs, bats, birds, fish, as well as other insects.

Even one of the most notorious aspects of mosquitoes has benefit. As carriers of disease, mosquitoes have a natural function of population control among large mammals. If mosquitoes disappeared, another insect would rise up to take their place, and that insect might be even worse than the mosquito.