



The City of Tallahassee and The Tallahassee Fire Department Present:



The Newsladder

Summertime is Here, Enjoy it Safely

The warm weather has arrived. Here are some tips on how to enjoy the water, sun and 4th of July safely.

General Water Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your [local Red Cross chapter](#).
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (PFD) when around the water.
- Watch out for the dangerous "toos" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).
- Be knowledgeable of the water environment you are

in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located.

- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Know how to prevent, recognize, and respond to emergencies.

www.redcross.org

Sunburn Prevention

Use these methods to prevent sunburn:

- **Avoid the sun between 10 a.m. and 4 p.m.** Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day. Seek shade whenever possible. If you're unable to avoid being in the sun, limit the amount of

time you're outdoors during these peak hours.

- **Cover up.** Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat, which provides more protection than does a baseball cap or golf visor. You should also consider wearing clothing or outdoor gear specially designed to provide sun protection.
- **Use sunscreen frequently and liberally.** Apply sunscreen liberally 30 minutes before going outdoors and reapply about every two hours — sooner if it's washed away by perspiration or water. Use it even on cloudy or hazy days. UV rays can penetrate cloud cover.
- **Wear sunglasses when outdoors.** Look for a manufacturer's label that says the sunglasses block 99 percent or 100 percent of all UV light. To be even more effective, choose sunglasses that fit close to your face or have wraparound frames that block sunlight from all angles.

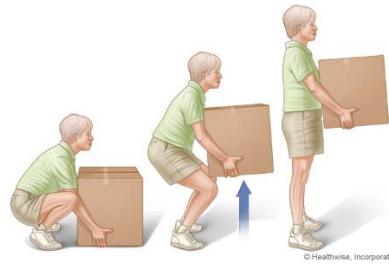
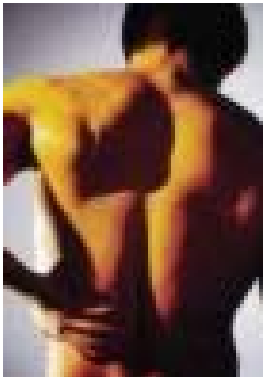
www.mayoclinic.com

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SAVE YOUR BACK BY LEARNING PROPER LIFTING TECHNIQUES



Follow these tips to avoid compressing the spinal discs or straining your lower back when lifting:

- **Keep a wide base of support.** Your feet should be shoulder-width apart, with one foot slightly ahead of the other (karate stance).
- **Squat down**, bending at the hips and knees only. If necessary, put one knee to the floor and your other knee in front of you, bent at a right angle (half kneeling).
- **Maintain good posture.** Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while maintaining a slight arch in your lower back.
- **Slowly lift** by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
- **Hold** the load as close to your body as possible, at the level of your belly button.
- **Use your feet** to change direction, taking small steps.
- **Lead with your hips** as you change direction. Keep your shoulders in line with your hips as you move.
- **Set down** your load carefully, squatting with the knees and hips only.

Keep in mind:

- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.

www.health.yahoo.com

Summertime is Here, Enjoy it Safely

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Fireworks..Big Sound Big Danger

Does Legal Mean Safe?

Don't think that fireworks are safe just because they're legal. The largest share of fireworks injuries is caused by Class C fireworks, the kind that are legal in many states. Legal fireworks carry the name of the manufacturer, the words "Class C Common Fireworks," and a warning label. If these are

missing, the fireworks you're looking at are probably illegal, and you should consider them extremely unsafe.

Though all fireworks are hazardous, illegal fireworks pose extra dangers. Illegal fireworks are typically very powerful and are made without the quality control standards of legal products. This makes them extremely unpredictable.

If you must have legal fireworks, look for these danger signals: Fireworks

that are leaking powder, appear to be quite old, or show any signs of mishandling. These may fire unpredictably. Avoid them. Fireworks that appear to have been wet and then dried. Water degrades the sensitive and explosive chemicals inside and may affect the fuses. Play it really safe, and let professionals handle the fireworks.

A Painful Lesson

Decades of tragic experience teach this lesson: Fireworks are dangerous. Young people

suffer the great majority of fireworks injuries, most frequently injuries to the eyes, head, or hands. Even seemingly harmless sparklers cause many injuries. For children under 5, sparklers account for three-quarters of all fireworks injuries. Fascinated by the bright sparks, little children may wrap their hands around a stick of fire that can be as hot as 1800 degrees F. In addition, fireworks can start fires. Deaths have resulted from firework injuries and from fires started from fireworks.
www.talgov.com

Got Fish? The Risks and Benefits of Eating

What are the health benefits of eating fish?

Fish is generally low in calories, saturated fat and cholesterol, making it a good overall substitute for poultry and meat. It's also a good source of protein and several vitamins and minerals. Some types of fish, particularly fatty, cold-water fish — such as salmon, mackerel and herring — are also high in omega-3 fatty acids. Omega-3s appear to decrease the risk of coronary artery disease. They may also protect against irregular heartbeats and help lower blood pressure levels.

What are the health risks of eating fish?

As good as fish are for your health, be aware of potential downsides. Some types of fish may contain significant amounts of contaminants, such as mercury, polychlorinated biphenyls, dioxins or other chemical pollutants. Fish acquire these toxins from pollutants in lakes, rivers and

oceans. Bacteria, viruses, parasites or other disease-causing organisms also can infect fish in the same way that poultry and meat can be infected. The Food and Drug Administration (FDA) regulates the seafood industry and enforces laws and regulations to reduce the amount of potential hazards in the food.

What's the difference between farm-raised and wild fish?

The fish you buy in the grocery store is either caught in the wild — an ocean, river or freshwater lake — or raised on a fish farm. Though farm-raised fish have similar amounts of omega-3 fatty acids as wild fish, they tend to have more total fat and calories. They may also have higher levels of contaminants due to toxins present in the feed given to fish. However, farm-raised fish are more readily available and often cost less. Commercially harvested wild fish usually have harvest limits set by state or

federal governments, which may make them more costly. Fish-packaging companies in the United States are required to label consumer fish products as "farm-raised" or "wild."

Is it safe to eat what you catch?

The FDA regulates commercial fish and seafood to help ensure safety. But fish caught by sport angling aren't held to the same standards as fish caught commercially. Each state is responsible for protecting its residents from the health risks of eating wild fish caught for personal consumption. Check advisories in your area to find out what types and how much fish is safe to eat. If no local advice is available, the FDA and EPA recommend that you limit consumption of fish from local waters to about 6 ounces a week.

How much fish is safe to eat?

Most people don't get enough fish in their diet. The American

Heart Association recommends at least two, 3-ounce servings of fish — preferably omega-3-rich fish — each week. For most, especially those at risk of heart disease, the omega-3 benefits of eating fish probably outweigh potential risks.

Pregnant women and children may need to limit how much fish they eat to avoid the harmful effects of mercury or other toxins. The FDA and EPA recommend that women who might become pregnant, pregnant women, nursing mothers and children younger than age 5 should: 1) Avoid eating shark, swordfish, king mackerel or tilefish because they contain high levels of toxins. 2) Eat up to 12 ounces a week of fish and shellfish that contain low levels of mercury — such as shrimp, canned light tuna, salmon, pollock and catfish.

www.mayoclinic.com



Walking for a Healthier You

The easiest form of exercise is one we do every day. Just walking a little extra every day can add years to your life.

Some of the rewards of walking are:

- It conditions your heart and lungs and improves your body's ability to use oxygen.
- It reduces the risk of some forms of cancer and osteoporosis.
- It reduces body fat and

builds muscle.

- It delivers less of a jolt on your joints than does jogging but burns nearly as many calories.
- It lessens stress and lightens depression. Walkers report that it helps them feel and sleep better.
- It has the lowest drop out rate of all other forms of exercise.
- It helps lower your blood pressure and improve your digestion.
- It is easy to do with only

a good pair of walking shoes as an investment.

So how can you add extra steps into your normal day?

- Park your car a block from where you are going and walk the rest of the way.
- Take the stairs instead of the elevator.
- Walk your dog one extra block.

October's "Top Health"



TFD Employee Spotlight: Lt. Judi Davison

Lt. Davison has been very proactive over her career with TFD. She has donated her time and effort to various causes, like many others in our Department. She is now spearheading a project to create a Tallahassee Firefighter Memorial Foundation. It is her hope that through various fundraisers that the Foundation will be able to purchase a bronze firefighter sculpture created by local artist, Stanley Proctor. The sculpture will be placed in front of Station 1. Even at a cost of \$51,000, Lt. Davison remains optimistic that over the next four years the money can be raised. One idea she is working with is a brick paver project where employees with TFD can purchase pavers in dedication or memorial of other firefighters from TFD, both past and present. Other fund-raising projects will include raffles, car washes, cookbook sales and donations from sponsors. "It is really in the early stages since I am having to file all the 501 c(3) paperwork, etc. and set up an account. I am working on a web page and have purchased tallahasseeffirefighter Memorial.com and will hopefully have it going soon, to keep people abreast on the memorial and the Foundation's activities.", Davison said. Knowing her determination, keep an eye out for that sculpture in the near future.



Lt. Judi Davison

HOW TO IMPROVE YOUR BRAINPOWER

Here are a few easy ways to boost your brainpower:

Step 1 Brain Exercises:

1. Do word puzzles or play games like bridge and chess to keep your mind sharp!
2. Do not use a calculator to add, subtract, divide and multiply!
3. Memorize something: a poem, song, or bible verse every week.



Step 2 Keep your mind creative:

1. Think young! Use the curiosity of a child and follow your interests. Learn a new craft, take dance lessons or learn to play an instrument.
2. Don't limit yourself to being one type of person. Expand who you are! Super mom can be a successful business woman, and executives can pursue little league coaching. Anything that will push your comfort level to a new degree of personal growth.
3. Keep a pen and paper in every room of your house so that you can jot down ideas as they come. Investigate any idea you might come up with. Don't be afraid to make mistakes. Trying new ideas means exposing yourself to pitfalls, but also keeps you on your toes.

Step 3 Memory Tricks:

1. You are more likely to forget something you are not interested in, so convince yourself of the importance of remembering things.
2. Talk to yourself! Research suggests that memory is improved by adding voice to your thoughts. Repeat out-loud any instructions or directions you are given.
3. To keep in mind upcoming events, discuss them with friends and families.
4. Make up odd rhymes to aid your memory. Use word association or use a favorite tune to aid your memory.
5. Tension can interfere with memory so learning relaxation techniques will help you think clearly and recall things better.
6. Physical exercise is good for the brain. Any aerobic fitness program can help preserve memory.

Step 4 Remembering Names:

Many people find it difficult to remember names, but using these tricks will help you stay focused when you are introduced.

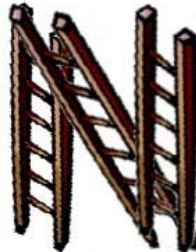
1. Make associations with the name. Use celebrity names, colors, occupation or things to identify with.
2. Rhyme the name in your mind.
3. If appropriate ask the person the origin of their family name. This will give you a further reference point.
4. Most important, use the person's name in conversation.

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The Latest News from Your Fire Department

By Division Chief Brian Hunter

The TFD Training Division is currently running a Hazardous Materials (Haz-Mat) Technician Course for our personnel. When the training is completed, they will be State certified Haz-Mat Techs. In addition, training volunteers to Firefighter 1 (FF1) status is also under way. This training is open to all volunteer firefighters, and after completion these volunteers are certified to the FF1 level, which provides them more training and skills to be used on the fire ground. The

third Minimum Standards class is under way. Students attend 450 hours of training needed to take the state exam for firefighter. This is a joint program with the Department and Tallahassee Community College. A new training classroom is in the works to provide much needed additional classroom space.

The Emergency Medical Services (EMS) Division has just completed the second semester of CPR training for students in the ninth grade. 1370 students were taught CPR awareness training this semester.

Businesses that have fire hydrants on their property are responsible to ensure that the hydrants are tested and maintained. Our Division of Fire Prevention is working on developing a program that will provide a system for private fire hydrant owners to provide the needed information to the fire department.

Firefighters are hitting the streets May 28, 29 and 30 for the MDA Boot Drive. Firefighters will be at designated intersections trying to raise \$45,000.

In addition to being safe, remember to donate blood this summer!

- Every two seconds, someone in this country needs blood.
- We need 25,000 volunteer donors each day to meet the rising blood needs of this country.
- Supplies are stable, but summer is a challenging time, because college and high schools are in recess.

www.redcross.org

Call the SCBC at 850-877-7181 or visit their website - www.scbinfo.org

