



SafetyGram

November 2002

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Over The Counter Drug Alert!



Everyone should be aware of the recent questions that have been raised about dietary supplements containing organic or synthetic forms of the drug ephedrine. Products containing ephedrine have been potentially linked to several deaths by cardiac arrest, including that of a soldier at Fort Hood. The Food and Drug Administration and the National Council Against Health Fraud have identified ephedrine as the worst over-the-counter and/or mail order product.

Dietary supplements containing ephedrine are marketed as weight loss products or performance enhancers. Organic forms of the drug are "ephedra" and the herb "Ma Huang." All forms of the drug can cause elevated blood pressure, increased heart rate, nervousness, and insomnia. Both organic ("herbal") and synthetic forms have been linked to strokes, heart attacks, and seizures.

Especially at risk are individuals with high blood pressure, or who are taking allergy or cold medications containing pseudoephedrine or phenylpropanolamine. Exercise and dehydration further increase the risk of adverse health consequences. This includes healthy sailors or others engaged in strenuous activities.

Although these products are presently legal for sale, they carry an unacceptable risk of adverse health consequences, including death. All personnel should be discouraged from using these "dietary supplements."

Join the Great American Smokeout — November 21

If you smoke, join the millions of Americans who are expected to quit smoking for a day or longer as part of the Great American Smokeout on Thursday, November 21, 2002.

Quitting smoking is a very difficult to accomplish on your own. For people thinking about quitting smoking, the Great American Smokeout is a nationally recognized event that challenges people to stop using tobacco and highlights the many effective ways to quit for good. The American Cancer Society (ACS) sponsors the annual event. According to ACS, research shows that smokers are most successful in kicking the habit permanently when they have some means of support such as nicotine replacement therapy, counseling, guide books, and the encouragement of friends and family members. It is important to remember that there is no right way to quit, but there are some key elements to quit smoking successfully notes ACS.

The following four factors are crucial:

- Making the decision to quit
- Setting a quit date and choosing a quit plan
- Dealing with withdrawal
- Maintenance or staying quit

The Centers for Disease Control and Prevention's Office on Smoking and Health offers very good reasons for quitting smoking:

- ❑ You will live longer and live better.
- ❑ Quitting will lower your chance of having a heart attack, stroke, or cancer.
- ❑ If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- ❑ The people you live with, especially your children, will be healthier.
- ❑ You will have extra money to spend on things other than cigarettes.

For more information and resources on how to quit, contact:

- ❑ American Cancer Society: "The Complete Guide to Quitting" (800) 227-2345
<http://www.cancer.org/>
- ❑ American Lung Association: (800) 586-4872
- ❑ "Freedom From Smoking® Online" program free at website <http://www.lungusa.org/>
- ❑ Office on Smoking & Health CDC National Center for Disease Prevention and Health Promotion
- ❑ "How to Quit Guides" (800) CDC-1311 <http://www.cdc.gov/tobacco/>

Tips for the Day (Living Longer & Staying Younger)

Old Blue Eyes - Do your eyes a favor and make blueberries a favorite fruit. Research suggests that compounds in blueberries may help protect against potentially sight-damaging inflammation and oxidative stress. These processes could contribute to conditions such as poor night vision or macular degeneration.

CPSC Urges Seasonal Heating Systems Inspections to Prevent CO Deaths

WASHINGTON, D.C. - As the weather turns colder throughout much of the country, the U.S. Consumer Product Safety Commission (CPSC) urges consumers to have a professional inspection of all fuel-burning heating systems - including furnaces, boilers, fireplaces, water heaters and space heaters - to detect potentially deadly carbon monoxide (CO) leaks.

Under certain conditions, all appliances that burn fuels can leak deadly CO. These fuels include kerosene; oil; coal; both natural and liquefied petroleum gas; and wood.

"Having a professional inspection of your fuel-burning heating appliances is the first line of defense against the silent killer, carbon monoxide poisoning," said CPSC Chairman Hal Stratton.

CO is a colorless, odorless gas that can be produced by burning any fuel. The initial symptoms of CO poisoning are similar to flu, and include headache, fatigue, shortness of breath, nausea and dizziness. Exposure to high levels of CO can cause death.

"Each year, CO poisoning from heating systems and water heaters kills about 160 people in the U.S.," said Stratton. "Many of these tragedies could be prevented by having a professional check your heating system and water heater annually for CO leaks."

CPSC recommends that the yearly professional inspection include checking chimneys, flues and vents for leakage and blockage by debris. Birds, other animals and insects sometimes nest in vents and block exhaust gases, causing the gases to enter the home. In addition, all vents to furnaces, water heaters, boilers and other fuel-burning heating appliances should be checked to make sure they are not loose or disconnected.

Also, have your appliances inspected for gas leaks and adequate ventilation. A supply of fresh air is important to help carry pollutants up the chimney, stovepipe or flue, and is necessary for the complete combustion of any fuel. Never block ventilation air openings. Also, make sure the appliance is operating on the fuel that it is designed to use. To convert an appliance to burn propane, it must be modified by a professional.

CPSC recommends that every home have at least one CO alarm that meets one of these standards: Canadian Standards Association 6.19-01, 2001; Underwriters Laboratories Inc. 2034, Second Edition, October 1998; or the International Approval Services 6-96, Second Edition, June 1, 1998.

In 1998, CPSC worked with the furnace and boiler industry and the manufacturers of high-temperature plastic vent (HTPV) pipes to conduct a vent pipe recall program. The program's purpose is to replace, free of charge, an estimated 250,000 HTPV pipe systems attached to gas or propane furnaces or boilers in consumers' homes. The HTPV pipes could crack or separate at the joints and leak CO. Consumers should call the HTPV pipe recall hotline toll-free at (800) 758-3688, between 7 a.m. and 11 p.m. ET, seven days a week, to verify whether their appliance venting systems are subject to this program.

CPSC continues to work with the furnace industry to develop new technologies to address the hazards of CO poisoning and fire. Results include a voluntary furnace standard that added blocked-vent shut-off devices to protect against blocked vent pipes and chimneys, and vented heater requirements to guard against a vent pipe becoming separated from the furnace. Both of these conditions could lead to CO poisonings. Also, all gas-fired furnaces manufactured since 1987 have flame roll-out protection technology that prevents flames from spilling out of the furnace's combustion chamber and starting a fire.

Traffic Training

Drive Safe Training

The seasons have changed and the Thanksgiving and Christmas holidays are just around the corner. These are the times we join family and friends in celebration. Often reunions with friends and family require travel. One of the most popular means of travel is by automobile. Unfortunately, there are motorists who mix drinking and driving—a deadly combination for themselves and those sharing the road with them. Now is the time to place emphasis on SAFE DRIVING.

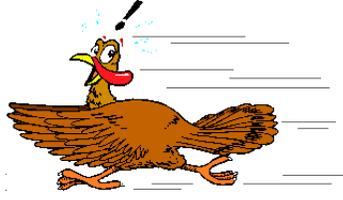
Videos and other traffic safety resources are available for checkout to any activities/departments interested. For a list of resources, go to the safety website training page at <http://www.nasoceana.navy.mil/safety/Training/Training.htm> or contact Don MacKellar at 492-7076.

Share the Road Safely

As drivers and pedestrians, we all want to reach our destinations safely. Here are some tips from the US DOT Federal Motor Carrier Safety Administration campaign, "Share the Road Safely" on doing exactly that.

- ❑ Cutting in front can cut your life short! Avoid cutting in front of other vehicles as you may create an emergency braking situation for others around you, especially in heavy traffic.
- ❑ Buckle your seat belt! ALWAYS!
- ❑ Watch your blind spots and the "No Zones" around trucks and buses.
- ❑ Inattentive drivers. While driving, please focus only on the road. If you need to attend to another matter while driving (cell phones, kids, application of cosmetics, etc.) safely pull over in a parking lot or rest stop.
- ❑ Avoid aggressive drivers and driving aggressively. Speeding, running red lights and stop signs, making frequent lane changes and tailgating can create dangerous and potentially fatal situations on the road.
- ❑ Avoid squeeze play. Be careful of trucks and buses making wide right turns. If you try to get in between the truck and the curb, you could be caught in a squeeze and suffer a serious accident.
- ❑ Never drink and drive!

Consumer guidelines from U.S. Department of Agriculture, Food Safety and Inspection Services; and U.S. Food and Drug Administration



Turkey Preparation

Follow these guidelines to prepare a turkey:

- ❑ Start early and thaw the turkey in the refrigerator or in a place where the air temperature is no higher than 40 degrees. A 20-pound turkey takes about two or three days to thaw completely.
- ❑ Be sure the turkey is thawed completely, until no ice appears in the inner cavity and the meat is soft. Be cautious: If the inner cavity is still frozen or even partially frozen when you put the turkey in the oven, the outside of the bird will be done before the inside, and the inside temperature will not be hot enough to destroy disease-causing bacteria.
- ❑ If you mix stuffing a day ahead, pre-mix only the dry ingredients. Mixing moist ingredients ahead of time offers the opportunity for bacteria to grow. It is safer to cook stuffing separately. However, if you do stuff the bird, do so just before cooking it. Stuff it loosely so the stuffing cooks thoroughly.
- ❑ Insert a meat thermometer into the center of the thickest part of the thigh, breast or stuffing. Temperatures should register 180 degrees F for turkey, 165 degrees F for stuffing and 170 degrees to 175 degrees F for boneless roasts.
- ❑ After the meal, immediately refrigerate leftovers such as meat, dressing, gravy or soups in small shallow containers. Letting these foods sit several hours at room temperature allows time for the growth of disease-bearing bacteria. Refrigerate stuffing and other items separately from the bird.
- ❑ It is important to serve leftovers either very cold (directly from the refrigerator) or very hot (at least 165 degrees F).

For more information on food safety, visit <http://www.FoodSafety.gov>

Overuse Injuries Associated with Hobbies

Hobbies are things that you do for fun — ways to unwind and spend your free time. Some yearn for higher-risk activities, such as sky diving or bungee jumping. Others are content with seemingly sedate pastimes, perhaps knitting or playing a musical instrument.

But doing your hobby in your living room doesn't free you from risk of injury. Some activities that seem low-key can — if done improperly or too frequently — lead to injuries of the wrists and hands.

Potential culprits include playing a musical instrument or video games, knitting, needlepoint, quilting or sculpting. But it isn't the specific activity that causes the problem. Many people knit or play the flute, for example, without ever sustaining an injury. The problem occurs when an activity that involves unnatural positions of your body or hands is done in a repetitive fashion for long periods of time.

For additional information visit: <http://www.mayoclinic.com/invoke.cfm?id=AR00020>