

Toilet Talk

July 2012

Stay Well Manchester University! ☺

Issue 118

Alcohol and Water Safety

Fireworks

Please treat fireworks with respect, read all of the cautions and warnings and use common sense. Lighting fireworks indoors, throwing them from automobiles and lighting multiple devices at the same time can lead to accidents and are not how fireworks are intended to be used. Always obey all local laws pertaining to the use of fireworks.

When using fireworks remember:

→ Use fireworks and sparklers only outdoors.

→ Only persons over 12 years of age should handle sparklers of any type. Too many young people get burned by sparklers every year. By keeping sparklers out of youngsters, we can reduce these injury rates.

→ Only use fireworks as intended. Don't try to alter them or combine them.

→ Fireworks and alcohol do not mix. Have a designated "shooter"

→ When all else fails, use common sense. Respect fireworks and sparklers as the great American tradition they are, but also respect the fact that they must be used with caution.

Things to do in July:

- Go to an amusement park
- Have a picnic with friends
- Eat with retired Veterans
- Run through the sprinkler...with your clothes on
- Pick fresh fruit

Indiana defines impairment at .08% Blood Alcohol Content (B.A.C.). However, even lower levels of blood alcohol may affect a person's balance, vision or judgment. This can be especially dangerous when on the water.

BALANCE..... Alcohol impacts an individual's sense of balance. A moment of dizziness or even a mis-step may not cause any harm on your patio or in a restaurant, but it can lead to disaster on the water.

VISION..... Safe boating requires good vision and too much alcohol can seriously restrict your vision. It can create a "tunnel vision" effect, reducing peripheral vision. It can impair your ability to "focus" on objects and it can reduce your night vision, especially for reds and greens.....the colors of running lights.

BOATING, ALCOHOL AND SAFETY Operating a boat is at least as complicated as driving a car and a boating accident can be just as dangerous as an automobile accident. Yet many people who would never drink drunk think it's safe to operate their boat after drinking. It isn't. In fact, 50% of all boating fatalities are alcohol related. Operating a boat while intoxicated is illegal and dangerous

KNOW HOW ALCOHOL AFFECTS YOU!

Alcohol affects people differently. The chart below shows how much the Blood Alcohol Content is raised by consuming alcohol in a two hour period. The chart provides averages only, and reactions will vary depending upon such factors as food in the stomach, medication, mood and fatigue.

Sunscreen Facts and Myths!

Myth: There is no real difference in how UVA and UVB rays affect skin.

Fact: UVB rays only penetrate the top layer of skin causing it to burn. UVA penetrates deeper and causes damage to skin elasticity and more importantly, causing skin cancer, when searching for a sunscreen please remember a "broad spectrum" sunscreen is best.

Myth: Sunscreens protect all day.

Fact: Regardless of the SPF or what the label says, sunscreens must be reapplied every 80 minutes or less. Users mistakenly think a high-SPF product will protect them all day with one application, when in fact all sunscreens must be reapplied regularly.

Myth: Skin cancer is so rare my chances of getting it are almost impossible.

Fact: Not necessarily, one in five Americans will develop skin cancer in some form in their lifetime. Melanoma in children has been increasing almost 3% a year.

Myth: Some sunscreens are waterproof or sweat proof.

Fact: The FDA is banning the word "waterproof." Now "water/sweat/perspiration resistant" is accurate but this only means the sunscreen offers SPF protection after 40 minutes of water exposure. "Very water resistant" gives 80 minutes of protection. Re-apply, re-apply, re-apply!

"SUMMER AFTERNOON—SUMMER AFTERNOON; TO ME THOSE HAVE ALWAYS BEEN THE TWO MOST BEAUTIFUL WORDS IN THE ENGLISH LANGUAGE." **HENRY JAMES**