

January 2008

Un Incidente Prevenible...A Preventable Incident

A few years ago, in the winter, some Latino workers at a plastics factory became ill after working just a few hours of their shift. Some of them developed headaches and others felt like they had the flu. One woman got so sick that she began to have a seizure. The fire department was called to take her to the hospital. At the time that she left the factory and was in the fresh air, she began to feel better. What had happened to these workers who had been healthy at the beginning of their shift? The hospital notified OSHA and they began an investigation immediately. The workers had been exposed to excessive levels of carbon monoxide.

What is carbon monoxide? Carbon monoxide (CO) is an odorless, colorless and tasteless gas that is produced with combustibles (like gasoline, propane, kerosene, natural gas, coal and wood) don't have sufficient oxygen to burn completely.

What are the most common sources of CO? In the workplace, CO is in the exhaust of engines that use gasoline or propane, for example on forklifts and generators. At home the things that most often produce CO are cars, ovens and boilers that haven't had proper maintenance or repair work.

The problem in the plastics factory happened when the weather got cold because the employer closed all the doors and windows to keep the heat in. Without proper ventilation the CO that came from the forklifts accumulated to dangerous levels.

How can you prevent CO poisoning?

- Install an effective ventilation system to dilute the air.
- Maintain forklifts and other gas or propane-powered engines in order to lower the amount of exhaust that they produce.
- Change the machinery that uses gasoline or propane engines to ones that use electricity, batteries, or compressed air if this can be done with safety.
- Prohibit the use of engines or tools that use gasoline in areas without proper ventilation.
- Install CO monitors with alarms that sound when the level of CO gets to a certain point.
- Educate the workers about the sources and conditions that cause CO poisoning, as well as the symptoms and limiting exposure.

What should I do if I suspect CO poisoning?

- Immediately go to where you can get fresh air.
- Call 911 or other emergency number to receive medical attention.

Feliz Navidad... Merry Christmas and Happy New Year

¡Ay, Que Frio!... What Cold!

This article covers what to do to protect your family from the cold. Recommendations include diet, exercise, proper clothing, and getting vaccinated against flu and/or pneumonia. It's important to get proper nutrition in order to have good defenses against bacteria and viruses that cause many wintertime illnesses, such as colds, flu, bronchitis, ear infections, sinusitis, coughs and even pneumonia. It's important to eat fruits and vegetables, and drink plenty of liquids. Having a regular exercise routine helps to keep the immune system ready to protect us. It's also

important to wear proper clothing to protect from the cold. You should wear layers of clothing, jackets, hats, gloves, and a scarf to cover your nose and mouth. Breathing cold air can cause inflammation of the airways. Also use proper boots or shoes that can protect you from the snow. Remember that a bad fall can be fatal. These are some recommendations for staying healthy, but we should also try to limit contact with others who are sick. So, enjoy the year-end parties and winter, but remember to bundle up because it's cold out there!

Obtener una licencia...Obtaining a Driver's License

This article explains what a person needs to do to receive a driver's license in the State of Wisconsin. Forms of ID that are needed are covered, along with what tests need to be completed. It also explains what a person who moves here from another state must do in order to get their Wisconsin driver's license.

Información sobre la Parroquia... Information on St. John the Baptist Church

To better serve the community, St. John the Baptist church is expanding its Hispanic ministry. Every second Wednesday of the month the group "Growing in Faith" meets and talks about how to provide better services to the community. The group meets in the library at 5:45 pm. Please park behind the church. "Growing in Faith" focuses on education and providing information to the Jefferson community about the work and services of St. John the Baptist parish. If you want to be part of the group or if you have questions about the sacraments that the church offers you can attend the meetings. Also, Julie Endl, Religious Education Director, will be present to give more information about the catechism.

Asientos de Seguridad...Used Car Seats for children

Used children's car seats can be dangerous if you don't know their past. According to the National Highway and Transportation Safety Administration (NHTSA) a car seat that has been in an accident is probably not safe to continue to use in a vehicle. After an accident the car seat can have cracks or other structural damage that you can't see. The Safe Kids National Campaign recommends that parents follow the replacement instructions from the manufacturer of the car seat.

NHTSA has determined that was just in a minor accident you can only reuse it if it meets the following criteria:

1. A visual inspection of the car seat, including an inspection underneath the cushions.
2. That the vehicle that the car seat was in could be driven away from the area where the crash occurred.
3. That the door of the vehicle closest to the car seat had not been damaged.
4. That no occupant of the vehicle had been hurt, and
5. That the airbags (if there were any) did not deploy.

Generally, one doesn't know if car seats purchased at garage sales, second hand stores, or passed from one person to another have been in a car accident and could have internal damage. This is a big risk.

Besides this, the Juvenile Products Manufacturing Association recommends that car seats not be used after 6 years from the date of fabrication. The safest thing is not to resell safety seats for children.

Hedberg Public Library... Calendar of events

Exploring cultures with stories and more, Fridays, January 4, February 15, and March 28 at 7:00 pm

Join us for this interactive story hour for speakers of English, Spanish or both languages. We will sing songs, read stories, and much more. Fun for the whole family.

Children's Day/Book Day, Wednesday, April 30 at 7:00 pm

Come help us celebrate this special day with activities, stories, food and, of course, books... all full of fun