

**NO ONE  
GETS HURT**

# Safety Tidbits

11-25-13

*The gap between more and enough never closes. - Anonymous*



November is  
**National  
Diabetes Month!**



November is National Diabetes Month. In 2010, approximately 26 million persons in the U.S. had diabetes, and an estimated 79 million adults had pre-diabetes. Testing for diabetes is recommended for adults with certain risk factors, including being aged  $\geq 45$  years, being overweight or obese, having a family history of diabetes or a history of gestational diabetes, and being physically inactive. Persons with diabetes can take steps to control the disease and prevent complications, and those with pre-diabetes can prevent or delay the onset of type 2 diabetes through weight loss and physical activity.

Where do horses live?  
In neigh... borhoods!

**What do you get when you cross a parrot and a centipede?**

A walkie-talkie!

**Remember: Life is what you make it!**

## **Happy Thanksgiving – Don't Choke on the Turkey!**

Choking is common hazard during the holiday season. The most common cause of choking is talking while eating. If food gets caught in your throat, do not leave the room, stay where others can see you and help if your airway becomes blocked.

To help someone who is choking, remember "**FIVE-&-FIVE Can Keep Them Alive.**" *First, ask the person if they are able to breathe and if you can help. Once you know the person is unable to cough, speak or breathe, have someone call 9-1-1, lean the person forward and give FIVE sharp back blows with the heel of your hand. If the obstruction isn't dislodged, give the person FIVE quick, upward abdominal thrusts.*

*If you are alone, you can perform abdominal thrusts on yourself, just as you would on someone else. Thrusts can also be administered by pressing your abdomen firmly against an object such as the back of a chair.*

## **Some Common Food Handling Mistakes**

**Washing meat or poultry.** Washing raw meat or poultry may seem like the best way to make sure it's clean, but doing so spreads bacteria to your sink, countertops, and other surfaces in your kitchen. There is no need to wash meat, poultry, or eggs - just cook them.

**Thawing food on the counter.** Harmful germs can multiply extremely rapidly at room temperature - making your food unsafe to eat. To thaw food safely, let it defrost in the refrigerator, cold water, or pop it in the microwave and use the defrost setting.

**Undercooking meat, poultry, seafood, or eggs.** Not all cooking temperatures are the same. Meat, poultry, seafood, and eggs all require different amounts of heat to kill harmful bacteria. Ensure meat is cooked to the the appropriate minimum safe temperature with a food thermometer.

**Letting food cool before putting it in the fridge.** People often wait for their leftovers to cool down before sticking them in the fridge. But illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them - or within one hour if the temperature is over 90 degrees.

**Marinating meat or seafood on the counter.** Marinating meat in a plastic bag on the counter is a no-no, says Foodsafety.gov. Leaving it out in room temperature can cause germs to multiply rapidly. Always marinate meat or seafood in the refrigerator, where it can safely remain for hours while soaking up flavor.

**Using raw meat marinade on cooked food.** Meat itself isn't the only thing that carries germs - marinade from raw meat can be just as dangerous. If you reuse marinade for sauce, germs from the raw meat or seafood can spread to the cooked food. What should you do with your leftover marinade? Boil it! That kills the germs and makes it safe to use again.

## **Former Port Arthur Chemical & Environmental Services President Sentenced**

Matthew L. Bowman was sentenced for safety crimes that resulted in the death of Joey Sutter. He admitted to not properly protecting employees from exposure to H<sub>2</sub>S gas resulting in Sutter's death in 2008. He also admitted directing employees to falsify documents to conceal that the wastewater was coming from PACES. Bowman was sentenced to serve 12 months in federal prison and ordered to pay fines in the amount of \$5,000. **Remember what Lou Holtz said – Do right, do your best and treat others the way you want to be treated! Nobody should die earning a living.**

***If we fail to get Compliance right, little else matters!***