



Texas A&M International University

TAMIU R.I.S.E.

RISK, INSURANCE, SAFETY, ENVIRONMENT

JANUARY 2009

VOLUME 1, ISSUE 1

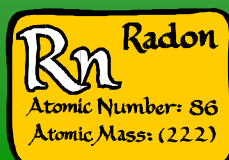
January is National Radon Month

Indoor Radon is the second leading cause of lung cancer in the United States and the leading cause among non-smokers. Protect your family. Test your home. During the month of January, the Environmental Protection Agency works to raise the public's awareness about radon and the importance of testing for radon -- especially in homes and schools.

The EPA, working in concert with Federal, State, and local governments as well as volunteer organizations, conducts many different programs to educate Americans about the indoor radon health threat. About one in 15 homes has high radon levels. If you haven't tested your home, do it now during National Radon Action Month.

For more information regarding radon, please visit the following website:

<http://www.epa.gov/radon/nram/index.html>



Source: <http://www.epa.gov/radon/>

DID YOU KNOW?

- ◆ *According to the Environmental Protection Agency, one in 15 homes has high radon levels.*
- ◆ *Indoor radon accounts for almost 20,000 lung cancer deaths per year.*

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Bath Safety Month

Since January is recognized as National Bath Safety Month, the Texas Department of Family and Protective Services wants to remind those with young children and loved ones who are elderly or have disabilities that it only takes a few seconds for someone to become injured or drown from a bathroom-related accident.

According to a report by the Consumer Product Safety Commission, on average, 370 people of all ages suffer bathtub or shower-related injuries each day in the United States. Drowning is the leading cause for unintentional injury deaths of children age four and younger, and in children 14 and younger, drowning is second leading cause for unintentional injury fatalities.

Below are some bathroom safety tips:

- Keep bathroom doors closed and secure toilet lids with lid locks.
- Never leave small children alone around any container of water. This includes toilets, tubs, wading pools, spas, aquariums, and buckets.
- Safeguard bathtubs and sinks used for bathing by using faucet covers and non-skid mats or decals.
- Before bathing children, gather the soap, shampoo, toys, towel, diaper, clothing, and any other needed items you might need before running the bath water. Place these items so you can easily reach them.
- After running bath water, check the water temperature before placing the child in the bath water.
- Some people who are elderly may have less sensation in their hands and therefore may misjudge water temperature. If you have a loved one who is elderly, check the water temperature in their home to avoid scalding injuries.
- Once your child is in the bath, don't leave for any reason. Children can drown in just a small amount of water. They can easily topple into the tub or toilet. It only takes a few seconds for a drowning to happen.
- If you must leave the room for the telephone or door, take the child with you after taking the child out of the water and wrapping them in a towel.
- To avoid falls and slipping under the water, always keep one hand firmly around the child when bathing them and keep the child sitting.
- For people who are elderly or have disabilities, consider installing grab bars on walls around the tub and beside the toilet and a portable, hand-held shower head.

Rio Grande Safety Summit

The Texas A&M International University Small Business Development Center, (TAMIU-SBDC) in conjunction with the Texas Department of Insurance, Division of Workers' Compensation, will hold the Rio Grande Safety Summit, a series of workshops on how to prevent work-related incidents, **Wednesday, Jan. 14, 2009** from 7:30 a.m. to 5:00 p.m. at TAMIU's Student Center Ballroom. Registration fee is \$125. Those registering five people get one free.

Are your employees at risk? How much do injuries and non-compliance cost your business? These workshops will provide employer and employees with information to help prevent work-related incidents. Participants can choose the session most valuable for industry or workplace.

Breakout sessions include:

Accident Prevention Planning

Preventing Sprains, Strains, and Back Injuries

Preventing Transportation-related Incidents

Disaster Planning.

For more information, call the TAMIU-SBDC office at 956.326.2827. To register, call 512-804-4610, or register online at www.tdi.state.tx.us/wc/eventstraining.html by clicking on "Workplace Safety."

Back Injury Prevention

Eight out of 10 adults will have problems with their lower backs. You can increase your odds of being one of the 20 percent who escape these pains by following the following tips.

- Injuries usually occur because of two reasons. First, when back muscles are weak; second, because of poor techniques for lifting and carrying.
- Take a few minutes each day to strengthen and stretch your back muscles.
- Wear shoes that offer good support and good traction.
- Keep a wide stance and make sure of your footing.
- Keep the load close to your body.
- Lift steadily with your legs, not your back. Keep your head up and your back straight.
- Point your feet in the direction you plan to move. Don't twist.
- Put down the load by squatting down, not bending over.
- If you are using a cart or dolly to move a heavy load, push it, don't pull it.

Information obtained from Naval Safety Center



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