



# ARCHDIOCESE OF INDIANAPOLIS

## Safety and Loss Control News

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## Gasoline Safety Tips

Summer has arrived! With its arrival comes an increase in the use of gasoline powered yard tools and recreational equipment. Gasoline is a highly toxic and hazardous solution that requires users to take notice and remember how dangerous it can be if not properly handled or stored. When utilizing such a highly flammable and combustible substance, certain safety measures must be taken into consideration.

### Storage

A vital part of avoiding fire hazards associated with gasoline is through proper storage. As with any toxic or hazardous substance, be sure that gasoline is always out of the reach of children. Gasoline should only be stored in a metal or plastic container intended for storage of this substance. There are specific containers on the market for gasoline storage which have been approved by an independent testing laboratory or a local or state fire authority. These containers should be tightly closed and stored in a garage or shed separate from the home or place of occupancy. Keep storage of gasoline to a minimum—only store enough gasoline to power current needs for tools and equipment.

### Handling

Safety precautions should always be taken when handling gasoline. Gasoline should only be used in open areas with plenty of fresh air. Address and clean up gasoline spills immediately and be sure to properly dispose of all materials used for gasoline clean-up.

After handling gasoline, always wash your hands thoroughly. Liquid gasoline does not burn, but gasoline vapors do. Consequently, gasoline use should be completely avoided near any ignition sources, such as cigarettes, matches, devices that contain a pilot flame or spark, etc.

When fueling equipment, always allow it to cool completely before refueling. If a fire

starts while using gasoline, leave the area immediately and call for help. Do not attempt to put out or control the fire!

### Transportation

Gasoline must be transported in an approved portable metal or plastic container. When filling a portable container, place the container on the ground. Spills can be avoided by keeping the nozzle in contact with the container and leaving the nozzle in the container for a few seconds after fueling. Never fill the container more than 95% full. This allows extra room for expansion during temperature changes. Tighten the container cap and vent cap firmly.

Secure the container in the truck bed or trunk of the car to prevent the container from sliding or tipping. Remove the container from the vehicle as soon as you reach your destination.

### At the Pump

Whether you are filling up a vehicle or a gasoline container, before fueling shut off your vehicle's engine, extinguish cigarettes and cease any unrelated activities. Never enter or exit your vehicle during refueling. Moving across the interior of your vehicle can create static electricity, which could discharge as you reach for the gas pump. This spark could then ignite gasoline vapors. Your hand or the refueling latch on the gasoline dispenser nozzle are the only two things that should be used to maintain flow of gasoline when fueling. Do not jam any objects in the handle to hold it open.

To avoid dripping, let the nozzle sit in the tank for a few seconds after pumping. If a fire starts while refueling, leave the area immediately and call for help. Do not try to stop the flow of gasoline.

-Information excerpted from the National Fire Protection Association (NFPA), [www.nfpa.org](http://www.nfpa.org), "Gasoline Safety Tips," and "Service Station Safety Tips."



**Keep storage of gasoline to a minimum—only store enough gasoline to power current needs for tools and equipment.**

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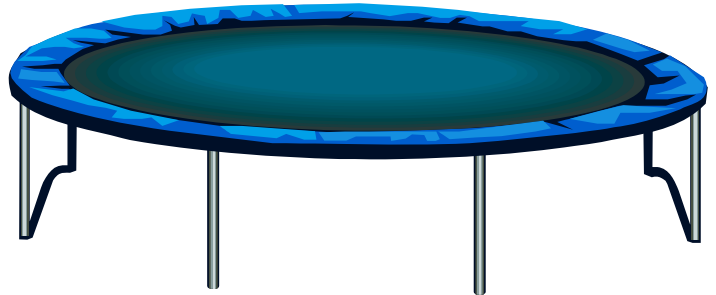
# Trampoline Risks Outweigh Fun

Helping children and teens grow in faith is a vital mission of every parish. Youth group meetings, Bible study and special activities are all important elements offered by parishes to help children build a life-long relationship with Christ. When it comes to planning special activities for parish youth, leaders and staff directly involved with youth ministry have a higher duty of care as they are responsible for the health and safety of children during parish-sponsored activities. With this in mind, it is important that special events are planned with consideration to the safety of every child involved.

Trampolines are hugely popular with both youth and adults. Trampoline use has increased tremendously over the last decade, mostly due to their easy accessibility and affordability. Many households have trampolines in their backyards, providing hours of fun for children and adults. The recent emergence of commercial indoor trampoline parks has also increased the widespread popularity of trampoline activities. A commercial indoor trampoline park is equipped with trampoline surfaces mounted on the floors and walls of the facility. Jumping, performing acrobatic stunts, and the option of playing dodgeball games are just some of the entertainment options offered by these facilities.

While trampolines are a lot of fun, they are dangerous and considered a serious injury hazard. Even with safety rules in place, injuries and death can still occur from trampoline use. The U.S. Consumer Product Safety Commission (CPSC) estimates that in 2010 there were 92,159 hospital emergency room-treated injuries associated with trampolines. It is also estimated that nearly two-thirds of trampoline injury victims were children 6-14 years old.

Most trampoline-related emergency room visits are for treatment of injuries from trampoline jumpers colliding with one another, falling on the trampoline springs or frame, falling or jumping off the trampoline or attempting somersaults and stunts. Crippling injuries and/or death, including paralysis from spinal cord injuries have also



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occurred due to falls off of the trampoline. In addition, more than half of trampoline injuries occur when two or more persons are using the trampoline at the same time.

Forty percent of all trampoline-related injuries are sprains and strains, most frequently affecting the leg or foot. Nearly one-third of injuries are fractures, many of which require surgery. Younger children appear to be at the greatest risk for fractures, while older children often suffer sprains and strains. Head and neck injuries account for approximately 10 percent of injuries associated with the trampoline. Fifteen percent of head injuries involve fractures, concussions and closed-head trauma. Deaths from trampoline use are rare (on average, less than one per year).

Due to the injury risks associated with trampolines, the American Academy of Pediatrics has recommended that trampolines never be used at home, on playgrounds, in physical education classes, or for athletic competition. The U.S. Consumer Product Safety Commission has stated that children under six years old, should not use trampolines in any setting, due to their immature motor skills.

Trampoline injuries don't just happen to children. In March of 2012, New York Yankees baseball player Joba Chamberlain, underwent surgery to repair damage to his ankle, which happened while jumping on a trampoline with his 5-year-old son. Following the surgery,

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Chamberlain spent six weeks in a cast.

The American Academy of Orthopedic Surgeons (AAOS) supports the position that trampolines pose a high risk of injury and should not be used in home environments or outdoor playgrounds. John Purvis, M.D., spokesperson for the AAOS states:

*“Although trampolines can be fun for both kids and adults, they pose a high risk for injuries, especially when two or more people jump at one time. Orthopedic surgeons recommended that trampolines not be used in home environments or in outdoor playgrounds because of the high risk of injuries from this activity.”*

The risk of injury, permanent paralysis and death from trampoline use far outweigh the few moments of fun this activity offers. Trampolines pose a serious injury hazard for those who use this type of recreation. It is strongly recommended that dioceses prohibit the use of any type of trampolines within their facilities. In addition, field trips or planned activities involving Trampoline Parks should be prohibited as well.

To view the American Academy of Orthopedic Surgeons (AAOS) position statement on trampoline safety, log on to: [www.aaos.org](http://www.aaos.org).

Additional resources include:

- U.S. Consumer Product Safety Commission: <http://www.cpsc.gov>
- American Academy of Pediatrics: <http://www.aap.org>
- Foundation for Spinal Cord Injury Prevention: <http://www.fscip.org>

Article sources:

Grace Rattue. (2012, March 28). “Trampoline Advice Issued by Orthopedic Surgeons.” *Medical News Today*. Retrieved from <http://www.medicalnewstoday.com/articles/243497.php>.

Foundation for Spinal Cord Injury Prevention, Care and Cure, “Trampoline Injury Facts.” <http://www.fscip.org/tramp.html>.

U.S. Consumer Product Safety Commission, “CPSC Safety Alert—Trampoline Safety.” Publication 085 R042012, <http://www.cpsc.gov/cpsc/pub/pubs/085.pdf>.

## Mold: Health Effects and Clean-up Tips

Molds are microscopic organisms found everywhere in the environment, indoors and outdoors. When present in large quantities, molds have the potential to cause adverse health effects.



### Health Effects of Mold Exposure:

- Sneezing
- Runny nose
- Eye irritation
- Cough and congestion
- Aggravation of asthma
- Dermatitis (skin rash)

### People at Greatest Risk of Health Effects:

- Individuals with allergies, asthma, sinusitis, or other lung diseases.
- Individuals with a weakened immune system (e.g., HIV patients).

### How to Recognize Mold:

- Sight—Usually appear as colored woolly mats.
- Smell—Often produce a foul, musty, earthy smell.

### Preventing Mold Growth:

- Remove excess moisture with a wet-dry vacuum and dry out the building as quickly as possible.
- Use fans to assist in the drying process.
- Clean wet materials and surfaces with detergent and water.
- Discard all water damaged materials.
- Discard all porous materials that have been wet for more than 48 hours.

### General Mold Cleanup Tips:

- Identify and correct moisture problem.
- Make sure working area is well ventilated.
- Discard mold damaged materials in plastic bags.
- Clean wet items and surfaces with detergent and water.
- Disinfect cleaned surfaces with 1/4 to 1 1/2 cup household bleach in 1 gallon of water. **CAUTION: Do not mix bleach with any other cleansing products that contain ammonia.**
- Use respiratory protection. A N-95 respirator is recommended.
- Use hand and eye protection.

-Information excerpted from OSHA Quick Card, “Mold,” [www.osha.gov](http://www.osha.gov).

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If there are any subjects you would like to see addressed in this newsletter, or questions about a topic presented, please contact Ms. Amanda Weller, Gallagher Bassett Services, Inc., Two Pierce Place, Itasca, IL 60143, Telephone: 815-236-5170, Email: [Amanda\\_Weller@gbtpa.com](mailto:Amanda_Weller@gbtpa.com).

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## Food Safety in Warm Weather

Food-borne illness often increases during the summer months because food-borne bacteria grow fastest at temperatures between 90°F to 110°F. Bacteria also need moisture to flourish and the hot and humid summer weather is the perfect catalyst. To avoid contracting food-borne illness, follow these four simple steps:



**Clean—wash hands and surfaces often.** Unwashed hands are a prime cause of food-borne illness.

**Separate—don't cross-contaminate.** Cross-contamination during preparation, grilling and serving food is a prime cause of food-borne illness. When grilling, always wash platters that contain raw meat and use a clean platter for cooked meat.

**Cook—prepare food to proper temperatures.** Food is

safely cooked when it is heated for a long enough time and at a high enough temperature to kill harmful bacteria that causes food-borne illness. When cooking hamburger, cook until juices run clear. When cooking chicken or pork, cook until all of the meat is white in color. If meat has a pinkish color, it is not fully cooked.

**Chill—refrigerate food promptly.** Holding food at an unsafe temperature is a prime cause of food-borne illness. Keep cold food cold! Food left out of refrigeration at room temperature for more than 2 hours may not be safe to eat and should be thrown away. When temperatures are above 90°F, food should not be left out for any length of time. Remember—if you have any doubt, throw it out!

**Heat—keep hot food hot.** After cooking meat and poultry on the grill, keep it hot until served—at 140°F or warmer.

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. The cooked meat can also be kept hot in an oven set at approximately 200°F, in a chafing dish or slow cooker or on a warming tray.

For more information, visit [www.foodsafety.gov](http://www.foodsafety.gov) or [www.fsis.usda.gov/fact\\_sheets](http://www.fsis.usda.gov/fact_sheets).