

Monthly Safety & Wellness Flash

October 2010

October's Main Safety Events

Halloween Safety Month

Costume Safety

Ensure it doesn't obscure one's vision, is made of non-toxic materials and is not dragging that can cause a tripping hazard.

Trick-or Treat in Groups

Accompany your children door to door and approach homes with other groups at the same time.

Inspect the Candy

Avoid eating the candy until you get home and discard unwrapped goodies.

Stay on the Sidewalks

Avoid jaywalking and only cross streets in well-lit areas.



Don't Get Tricked By The Treat: "Protect Your Teeth"



This month usually sees an increase in candy consumption in children and adults. Let's enjoy our Halloween festivities while keeping our family's teeth healthy. The best Halloween candy for your teeth are quick dissolving and are only in your mouth a short time, like Sweet tarts and Hershey's kisses. Sticky nougats and hard candies take a long time to dissolve and stick to your teeth allowing cavity causing bacteria to grow. After eating sticky candy, brush and floss really well. Chewing sugar free gum with xylitol can also help fight cavities.

Why Should I Brush Everyday? Show your children the importance of brushing their teeth every day with this fun experiment!!

Items you will need: One hard boiled egg per child. Coke, Pepsi or other dark colored soda. One toothbrush per child & Toothpaste containing fluoride.

Starting the Experiment: Before the experiment, boil eggs. Place eggs in the soda for a day.

What will happen: When you are talking to children about the importance of brushing their teeth take the egg out and show it. The egg will be stained and look like plaque. It will be discolored and yellowish. Give the child a toothbrush with a little toothpaste on it. Let them brush the "plaque" off of the egg.

Fire Prevention Week (Oct 3-9)

Smoke Alarm Inspection

Inspect your [smoke alarms](#) at work and home. It is also suggested to get in a routine to change the batteries each October.

Develop a Fire Escape Plan

Take the time to set down with your family to develop a [map](#) and plan in the event of a fire. This should include an escape route for each room, meeting location and fire extinguisher locations.

Prevent Clothes Dryer Fires

The majority of home fires start in dryer vents but can be prevented by practicing [clothes dryer safety](#). At least once a year clean the entire venting system.

School Bus Safety Week (Oct 17-23)



Avoid Harm

Ensure your children wait in safe places away from the road. Discourage them from running and playing in the road while waiting.

Stress the importance of not returning to the bus if they leave something on it. The driver may not see them come back and the bus driver may begin moving the bus.

Obey the Stop Arm

There are no exceptions to this rule!