

Safety Matters

Does Sugar Make Kids Hyper? That's largely a myth



"If you look at the peer-reviewed evidence, we cannot say sugar absolutely makes kids hyper; however, you can't discount that sugar may have a slight effect" on behavior, said Kristi L. King, senior pediatric dietitian at Texas Children's Hospital and spokeswoman for the Academy of Nutrition and Dietetics.

In the mid-1990s, a meta-analysis reviewed 16 studies on sugar's effects in children. The research, published in the medical journal JAMA, concluded that sugar does not affect behavior or cognitive performance in children. "However, a small effect of sugar or effects on subsets of children cannot be ruled out," the article said. Like adults, some children may be more sensitive to blood sugar spikes than others. This may mean they are more likely to become aroused when consuming sugar.

According to Jill Castle, a registered dietitian and childhood nutrition expert who teaches a parenting course called the ADHD Diet for Kids, the fact is that we don't have a way to determine whether there is a link. "Is there a biomarker? A hormone level?" King asked. "It's disheartening for parents. ... They want answers. And unfortunately, nutrition is such an individual thing."

Tips for parents

Even though most kids don't have a sugar sensitivity, that doesn't mean sugar is good for their health. Sugary foods and beverages deliver calories without any nutrients. What's more, eating foods high in added sugars throughout childhood is linked to the development of risk factors for heart disease, such as an increased risk of obesity and ele-

vated blood pressure in children and young adults.

To keep kids healthy, the American Heart Association recommends that children ages 2 to 18 consume less than 6 teaspoons -- or 24 grams -- of added sugars daily. To put that number in perspective, consider that 24 grams is the amount of sugar in just one 1.55-ounce chocolate bar. A 12-ounce can of regular soda contains about 40 grams of sugar, well over a day's worth. If you are looking for ways to cut back on sweets for your children, here are some tips to get started:

Gradually reduce the amount of sweets in your child's diet. This is good advice for all kids, with and without ADHD. "I teach the 90/10 Rule for the appropriate balance of nourishing foods and sweets and treats, which equates to one to two normal-sized portions of sweets or treats each day, on average," Castle said. If there seems to be a strong sensitivity to sweets, Castle recommends removing sweets and added sugar from the diet as best as you can.

Establish routine meals and snacks on a predictable schedule. "Anecdotally, this is one of the main things I work on with families, and they tell me they feel their child is calmer and better-behaved. There is something to be said for nourishing the brain and body on predictable, consistent intervals of three to four hours," Castle said.

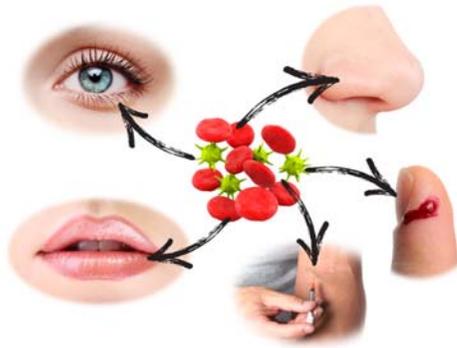
When introducing foods with added sugars, pair them with protein, healthy fat or fiber. This helps to blunt the effects of blood sugar surges and drops, and it optimizes satiety. Castle and King suggest the following combinations: Cookies with milk, Candy or chocolate with nut butter on crackers, Ice cream with nuts or oatmeal crumble topping, Cake with milk or milk alternative.

Don't eat sugar on an empty stomach. Doing so can lead to a surge in blood sugar, and that itself may alter a child's behavior, according to Castle.

Make sure that your child is drinking plenty of water. Also, avoid sugar-sweetened beverages on top of eating sugary foods, King advised.

Don't hype up sugar. If you don't have sugar and candies in your house often, and you bring sweets home and make a big deal about it, your child may pick up on it and become excited, King explained. *CNN, 2019.*

What to Do When You Encounter Blood and Bodily Fluids



More than a couple decades ago, I began my service as an Emergency Medical Technician. In those days, colleagues viewed blood-splattered clothes as a badge of pride, because they indicated you had been through a very busy shift with especially tough calls. Blood and dirt were signs you had been busy saving lives. You'd wash up and wait for the next call. These days, when an ambulance pulls up to a scene, first responders are much more cautious about what they might encounter, especially if that includes blood and other bodily fluids. Awareness of the dangers of air- and blood-borne pathogens has led to extensive training and protective equipment. Most people instantly think of HIV, but that's only one of many pathogens. The various forms of hepatitis are another.

Most workers will never respond to the kind of serious injuries or accidents that paramedics and emergency room personnel face every day, but they are likely to face situations in which they could be exposed to blood and other bodily fluids. That's why a key component of every safety program is becoming familiar with the potential hazards and the steps that can be taken to protect workers from exposure.

Why do workers need training? Emergency situations arise without warning, and we tend to react instinctively. A co-worker may receive a serious cut from a tool and begin bleeding. Another co-worker could become ill and vomit in the work area. Reacting to such situations without taking the proper steps could expose co-workers to serious, potentially life-threatening conditions.

Paramedics are taught that it's important to ensure that they don't do anything that could make them become a patient. That's good advice for everyone to follow, and the most basic way to keep that from happening is to follow

what are known as universal precautions. That includes barriers that help minimize or limit or reduce exposure to blood and body fluids, such as latex gloves, face shields, and masks that prevent the wearer from airborne pathogens.



Thanks to publicity about HIV and hepatitis, most people have developed a strong aversion to blood, and will instinctively avoid contact with it. But they may not react the same way to other bodily fluids. For example, when someone vomits on a worksite, the natural reaction is to simply wipe or mop it up. But that vomit or another bodily fluid might contain blood-borne pathogens, so it's important to follow OSHA's cleanup guidelines. Typically, that involves the use of a neutralizing agent such as a bleach solution, and then identifying and disposing the waste material as a biohazard. Pathogens may also be airborne. You might be aware that someone who sneezes on you could expose you to a pathogen, but what if that person sneezes into his hand and then grabs a door handle? The pathogen might stay alive on that door handle for anywhere from a few minutes to several days, and anyone who touches it could become exposed.

Some people might look at universal precautions as being overprotective, but you never know what your co-workers and other people you encounter may have been exposed to. You don't know what kind of activities they are involved in, or the types of people with whom they may come in contact. Paramedics and medical professionals have a thorough understanding of the potential hazards, and because of that, they choose to proceed very carefully. All workers would be wise to follow their example. *Safety-Management 2019.*

Coming Clean About Eye Wash

Stations

People in a wide range of industrial and scientific settings handle corrosive and other potentially hazardous chemicals on a daily basis. Typically, you'll find eyewash stations and emergency showers in areas where chemical soaking or dipping is performed, stations where hazardous substances may be dispensed, settings where spraying of chemicals occurs, laboratory environments, and areas with high levels of dust.

Eyewash and Face Wash Stations

Given the importance of rapid flushing in preventing eye injury, the location of eyewash stations is critical. According to ANSI, stations should be located where they can be reached in 10 seconds or less by workers in an emergency situation. The flow and design should make it possible for the user to hold his or her eyelids open while keeping the eyes themselves in the stream of fluid. The eyewash should begin to deliver that fluid within one second, and allow a continuous flow without the user being forced to keep a hand on a faucet or similar valve.

Importance of cleanliness

If an eyewash station is not properly maintained, it can become a breeding ground for organisms that can lead to infections or illness in a worker using the station. Those organisms may come into contact with the worker's skin or mucous membranes, creating health problems. Among the types of organisms that can develop in stagnant water are *Acanthamoeba*, which causes serious eye infections; *Pseudomonas*, an antibiotic-resistant bacteria; and *Legionella*, which leads to Legionnaires' Disease. That's why it's important to follow the manufacturer's recommendations for cleaning and maintaining eyewash stations. Some systems require regular replacement of the flushing fluid. *Safety Management, 2019.*



Top Five Things People Do with Their Tax Refund



A tax refund can feel like a financial windfall. After all, the average refund so far this filing season is more than \$3,000, according to the IRS. Of course, you could be responsible with your tax refund by using it to improve your financial situation. Or splurge it on a big purchase.

Vegas, Baby!

Why not hit the casinos with your refund and try to double it? Because you'll probably blow it, that's why. After all, gambling is a common way people go broke. Even so, gambling with their refund is a common mistake that some people make

Expensive Equipment for a Sport You Don't Know How to Play

Trudy Turner, a senior wealth manager at United Capital, said a woman she knows made a New Year's resolution to take up golf. So she used her tax refund to buy expensive golf clubs, equipment and pre-paid lessons with a golf professional. "She soon learned it was difficult to schedule time to play, much less find golf courses," Turner said.

Expensive Clothes and Handbags

Kellie, who doesn't want to be identified by her last name, said she doesn't usually spend her tax refund in a financially smart way. "Clothes and handbags were my dumbest purchases as they go out of style," she said. But this year, Kellie realized that the best way to spend a tax refund is to improve her well-being. "I am hiring a personal trainer/nutritionist to hopefully help get me on right track and help auto-immune issues," Kellie said.

A Loan for Friends or Family

Generosity can be a good thing. But using your refund for lending money to repeatedly bail out that friend or family member. Besides sacrificing your financial future, you're also enabling that individual."

Three Easy Ways to Stay Hydrated

Water plays a key role in so many processes in our bodies, so staying hydrated is super important to our overall health, especially in the summer heat. Being busy in our everyday lives makes it hard to keep up with being hydrated. Whether it's work, school, etc., hydration isn't usually the first thing on your mind.

Drinking the right amount of water each day has numerous benefits, including aiding in digestion, and more. To help you stay hydrated, here's five ways to stay more hydrated throughout your day:



Carry a Reusable Bottle with You

First and foremost, keep a water bottle that you can easily refill on you at all times. Having your own water supply on you can help remind you to drink water throughout the day. It can also help you steer clear of soda and other sugary drinks and as well as help you save money because you'll skip purchasing plastic water bottles. Be sure to refill it regularly. The bigger the bottle, the easier it is to drink more.



Have One Full Glass each Morning and Evening

Make it a habit to have a full glass of water first thing in the morning and another later on in the day. By getting into this habit, you can already count in two extra glasses daily. Aim for each one of these glasses to be 8-12 oz each.



Prepare Flavored Water in Advance

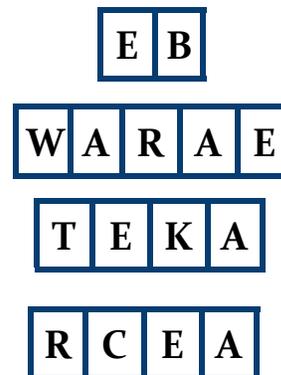
Prepare pitchers or bottles of flavored water, such as lemon, lime or grapefruit slices, or diced up ginger and mint. Adding these flavors can add a subtle flavor, perking up your plain water while increasing your daily intake. If prepared the day before, you'll have more time to grab it and go on about your day, and the flavors will sit in the water all night, leaving your body feeling cleansed and hydrated.

Jumbled Word Winner!

Congratulations **Monica Cabral of Corcoran Unified School District**, who won last month's contest! For your chance to win solve the Jumbled Word Puzzle email the answer to Lisa Perez at lperez@crma-jpa.org A drawing will be held on the 20th of this month. You could be our next winner for a \$25 Starbucks gift card. Good luck!



Jumbled Word Puzzle



HOW TO STAY IN THE SAFETY ZONE



FALLS



ELECTROCUTIONS



STRUCK BY OBJECTS



CAUGHT BETWEEN OBJECTS

HOW TO AVOID THE FATAL FOUR

THE FATAL FOUR INJURIES WERE RESPONSIBLE FOR 57% OF CONSTRUCTION RELATED DEATHS IN 2013



Falls

1. Wear proper PPE (safety harness.)
2. Use three points of contact while climbing a ladder.
3. Do not over reach, move the ladder for better access.
4. Stay behind safety barriers and away from edges.



Electrocutions

1. Use proper lock-out-tag-out procedures.
2. Do not work in standing water.
3. Assess your work area and notify management of unsafe conditions.



Struck by Objects

1. Be cognizant of your surroundings.
2. Wear all PPE (hard hat, safety glasses work boots, etc.)
3. Do not cross danger (red) or caution (yellow) tape without approval.



Caught Between Objects

1. Keep your fingers and other body parts out of pinch points.
2. Assess your work area and notify management of unsafe conditions.
3. Don't get in a hurry and forget common sense.

