



## Fireworks Safety

It's already that time... summer! Many people love to celebrate it by blowing off a few fireworks. However, if you are not careful, a fun time could turn tragic. Some sobering statistics from Prevent Blindness America:

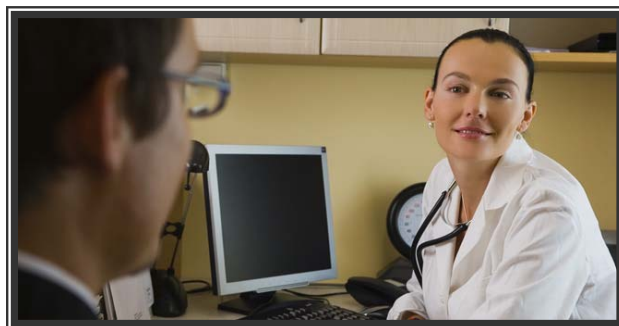
- Fireworks devices were involved in about 9,200 injuries treated in U.S. hospital ERs in 2006 (the latest year for which data is available.)
- Eyes were the second-most commonly injured part of the body, with an estimated 1,500 fireworks-related eye injuries treated in a one-month period in 2006.
- 11 people were killed by fireworks in 2006.
- Data from the U.S. Eye Injury Registry shows that bystanders are more often injured by fireworks than the operators themselves.
- Of the nearly 1,000 sparkler injuries, 200 were to children age 5 and younger.
- Sparklers can burn up to 1,800° F.

**June 1 through July 4 is Fireworks Safety Month.** To stay safe around fireworks this summer:

- Try to attend only public fireworks displays that are operated by licensed workers – but be aware there have been injuries reported at these events as well.

- Read and follow all instructions on any fireworks.
- Only use fireworks outdoors.
- Children under age 16 should be supervised by an adult at all times and should NEVER light fireworks themselves.
- Keep a bucket of water or a hose nearby in case of an accident.
- Never try to relight a dud.
- Make sure that the area is clear of people before you light fireworks.
- Remember your pets. Many are scared of loud noises and may get in the way. Keep them indoors while lighting fireworks.

Of course, to remain the safest, it's best to avoid fireworks completely. Prevent Blindness America warns: "There is no such thing as 'safe fireworks'."



## Get a Handle on Your Healthcare

Sometimes talking with your doctor and managing your personal healthcare can be an overwhelming task. To remain in control:

- Take responsibility for routine care visits such as mammograms, physicals and colonoscopies.

- Keep a record of your current and past health history and medications.
- Know your cholesterol levels (both “good” and “bad”), your blood pressure readings, your height, and your weight.
- Report symptoms to your doctor the way you experience them by answering questions with as much clarity as possible.
- Be honest with your doctor about potentially risky behaviors that you are engaging in (alcohol consumption, smoking, sexual behavior). Lying will not make possibly dangerous related health problems go away.
- Ask questions about medications you are being prescribed (side effects, drug interactions, etc.)



## Use Advice... Earn Higher Returns

A recent study conducted by Charles Schwab reveals that employees who seek 401(k) investment advice in the form of advice services, target date funds, or plan-sponsored asset allocation models receive a significantly greater rate of return than those who don't. For example, employees who used an advice tool provided by an independent investment advisor in 2006 earned an average of 14% rate of return versus 11% for those who did not use advice. A few percentage points makes a big difference over time.

## Fun Summer Facts

July 10, 1913 was the hottest day in North America to date - a whopping 134° F!

The biggest watermelon ever grown weighed 268.8 pounds.

Barbecuing began in the late 1800s during Western cattle drives.

It is thought that the cleanest lake in America is Crater Lake in Oregon.

Jon Rauch of the Washington Nationals is the tallest player in Major League Baseball at 6'11" .

*How about a summer treat that your kids won't even know is good for them? Try:*

### Layered Popsicles

2 cups watermelon, cut up with seeds removed

2 cups sliced strawberries

1 and 1/3 cups sliced peaches

¾ cup sugar, divided

Mix the strawberries and ¼ cup sugar in a blender until liquefied. Pour into molds or paper cups about 1/3 full and place popsicle sticks in each. Put in freezer until frozen, which may be up to 3 hours. Mix the peaches with ¼ cup sugar and pour over the frozen strawberry layer. Freeze as before. Repeat step one more time with watermelon and ¼ cup sugar. Once last layer is frozen, the pops are finally ready to eat! Yes, it takes awhile, but the final result is worth it!

**Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Corporate Health Systems, Inc.**