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**Concern for children's safety is heightened** as Halloween draws near. The National Center for Missing & Exploited Children ([NCMEC](#)) publishes a list of safety tips designed to help parents better protect their children during Halloween. The list includes well-known tips for child safety, such as wearing bright clothing while trick or treating, but also focuses on the threat of victimization on an evening when millions of children may be out in unfamiliar settings. The safety tips are a guide for parents to follow while their children are trick or treating. While Halloween reminds people to think about child safety, it is also very important to be vigilant in protecting children and teaching them how to avoid potentially dangerous situations throughout the year. An estimated one in five girls, and one in ten boys, will be sexually victimized before reaching adulthood. Learn more about prevention and detection of victimization by visiting [HERE](#). Get the safety tips [HERE](#).

**MRSA recently made national headlines as a NFL player battles infection.** STOP MRSA Now is committed to reducing the spread of MRSA through education and practical prevention steps. MRSA (methicillin-resistant Staphylococcus aureus) is a type of Staph bacteria found on the skin and in the nose that is resistant to antibiotics. More than 90,000 people get potentially deadly MRSA infections every year in the US and approximately 19,000 people die from MRSA infections. More deaths are linked to MRSA infections than AIDS. There are two known types of MRSA. Healthcare-Associated (HA-MRSA), which occurs in hospitals and nursing homes, and a newer type of MRSA is Community-Associated (CA-MRSA), which has recently begun to spread in public settings like gyms, locker rooms, households and schools. MRSA can be easily spread through skin-to-skin contact and by touching contaminated items. This is why it is crucial to take measures to help reduce the spread of MRSA. Read more [HERE](#).

**What do you know about Emergency Oxygen?** A recent article from Aquatics International magazine ([AI](#)) provides the basis information that aquatic managers need to know about equipping their facility with emergency oxygen. This important life-saving tool is available at many aquatic venues and fitness facilities. Even so, many questions still surround the topic of using and equipping facilities with oxygen. The article clarifies the benefits of providing emergency oxygen to a victim of an aquatic incident or drowning, and also lays out a clear path of how to incorporate emergency oxygen into your organization's protocols, lifeguard certification, in-service training, and Emergency Action Plan (EAP). Read more [HERE](#).

**The case of the exploding exercise ball** could be the name of Jeffrey Long's article in Athletic Business Magazine ([ABM](#)). Long discusses his experience with litigation in "To Avoid Lawsuits, Health Clubs Must Heed Equipment Life Expectancy". He writes: "Operating a sports facility carries many risks, some of which are unavoidable, but reducing or eliminating risks where possible can result in your facility avoiding lawsuits. The plaintiff in this case was lifting two 40-pound dumbbells above his chest while resting his upper back on top of an exercise ball. The ball, which had been purchased from a well-known equipment manufacturer, split down the side and instantly deflated. The plaintiff tumbled to the floor, injuring his wrists and back in the process. Although his injuries were not life-threatening and were easily treated, the plaintiff filed a lawsuit against the health club, as well as the exercise ball manufacturer and distributor, seeking more than \$5 million in damages". Read more [HERE](#). Information on the safe use of Fitness Balls is available in the [Online Resource Library](#).

**Did you see this in the previous E-news:**

**Changing the culture of concussion starts with you!** The Centers for Disease Control and Prevention (CDC) offers a wide range of concussion prevention and education resources on their HEADS UP to Youth Sports [Webpage](#). Coaches that participate in the online training available at the site will be well positioned to improve the culture of concussion in their programs. The actions of youth sports leaders can help create a safe environment for young athletes in order to keep them healthy, active, and thriving - both on and off the playing field. Read more [HERE](#).

**Back injuries are among the most common of workplace injuries.** Almost every employed and volunteer staff member engages in some form of lifting on a regular basis; it is important to provide training and frequent reminders to reduce stress factors and injuries. For some nonprofits, child care workers and lifeguards lead the reports for lifting related injuries. Resources to assist your organization in preventing common incidents such as [Consideration for Preventing Back Injuries](#), [Ladder Safety Tips](#), [Safety Orientation Checklist](#), [Preventing Slips and Falls](#) and [Snow Shoveling Safety](#) are all available in the [Online Resource Library](#).

### **This Month's Topics:**

*Halloween safety*

*Emergency Oxygen*

*MRSA Infections*

*Maintaining Fitness Balls*

*Concussion Education Resources*

*Preventing Back Injuries*