



The Texas "J" Regional Advisory Council shall encourage and support the development of a comprehensive continuum of quality health care to be provided for all patients in Trauma Service Area "J". The Prevention & Education Committee shall encourage and support J-RAC participants endeavors to fully develop and implement the region wide trauma system in order to reduce the number of trauma incidents, preventable deaths, and reduce the severity of trauma-related disability, and to ensure that all trauma victims receive the best care possible.

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## Betel Quid with Tobacco (Gutka)

### Overview

- Betel quid is a combination of betel leaf, areca nut, and slaked lime. In many countries, tobacco is also added, and the product is known as *gutka*, *ghutka*, or *gutkha*.
- Other ingredients and flavorants are also added according to local preferences and customs (e.g., sweeteners; catechu; or spices such as cardamom, saffron, cloves, anise seeds, turmeric, and mustard).
- Gutka is commercially available in foil packets/sachets and tins. It is consumed by placing a pinch of the mixture in the mouth between the gum and cheek and gently sucking and chewing. The excess saliva produced by chewing may be swallowed or spit out.

### Use

- Betel quid and gutka use is reported to have stimulant and relaxation effects.
- Global estimates report that up to 600 million men and women use some variety of betel quid.
- Betel quid with or without tobacco is widely used in the Indian subcontinent as well as throughout Asia and the Pacific region.

### Health Effects

- Precancerous conditions
  - ◇ Oral precancerous lesions, including erythroplakia (a reddened patch in the mouth) and leukoplakia (a white patch on the mucous membranes in the mouth that cannot be wiped off).
  - ◇ Oral submucous fibrosis (OSF), a precancerous lesion that stiffens the soft pink tissue that lines the inside of the mouth (i.e., oral mucosa). OSF may extend into the esophageal tract. OSF is a debilitating and irreversible condition that often results in an inability to open the mouth. Treatment consists of cutting the fibrous bands in the mouth.
- Cancer
  - ◇ Oral cancers—predominantly carcinomas of the lip, mouth, tongue, and pharynx
  - ◇ Cancer of the esophagus
- Other health effects
  - ◇ Reproductive health outcomes such as increased risk of having a low birth-weight infant
  - ◇ Nicotine addiction

Source: [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/smokeless/betel\\_quid/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/betel_quid/index.htm)

## Working in Pairs: The Buddy System

Working with a partner is good for many different reasons, and safety happens to be a very important one. If safety is a part of your goals, working in pairs may be a way to help you achieve it. Let's focus on the buddy system and how it can help improve safety on the job.

### What Is the Buddy System?

As per Merriam-Webster, the first known use of the phrase "buddy system" goes as far back as 1942. Webster goes on to define the buddy system as "an arrangement in which two individuals are paired (as for mutual safety in a hazardous situation)." The term buddy system is also defined "as "a system of organizing employees into work groups in such a manner that each employee of the work group is designated to be observed by at least one other employee in the work group. The purpose of the buddy system is to provide rapid assistance to employees in the event of an emergency." The buddy system is important for many different reasons from providing an extra set of eyes on the job spotting safety issues to alerting and providing immediate medical attention should an event occur.

The buddy system is basically working in pairs or in larger groups, together, on a project specifically for the purpose of ensuring safety. Effective implementation of this system is not two individuals working on a project at the same time. Effective implementation is one person conducting the work while the other observes and quite possibly assists. Both individuals have a job to do, and one of those jobs is to ensure work is completed safely.

### What are the benefits of the Buddy System

In activities where the buddies are equally skilled and/or experienced, the main benefit of the system is improved safety; each may be able to prevent the other becoming a casualty or rescue the other in a crisis. When this system is used as part of training or the induction of newcomers to an organization, the less experienced buddy learns more quickly from close and frequent contact with the experienced buddy than when operating alone. Additional benefits include:

- Buddies keep each other informed about key instructions and information
- Promotes cooperative problem-solving
- Increased [morale](#)
- Encouragement and motivation
- Increased [confidence](#)
- Decreases [stress](#)
- Eases transition to the workforce
- Improves [safety](#) in [training](#)
- Improves [communication](#)
- Promotes better [leadership](#) skills

### Implement the Buddy System

- Create a list of examples where the buddy system can help you work safer at your workplace.
- Work this system into your safety plan and educate your employees on how to effectively make use of it.
- Keep safety at the top of your list and ensure you and those around you live to see another day.

Source: <http://www.ieci.org/newsroom-and-insights/working-in-pairs-the-buddy-system>

Source: [http://en.wikipedia.org/wiki/Buddy\\_system](http://en.wikipedia.org/wiki/Buddy_system)

Source: [http://en.wikipedia.org/wiki/Battle\\_buddy](http://en.wikipedia.org/wiki/Battle_buddy)



## Recreational Water Illness and Injury (RWII) Prevention Week

### Overview

The week before Memorial Day has been designated National Recreational Water Illness and Injury (RWII) Prevention Week. RWII Prevention Week 2014 will take place May 19–25, 2014, marking the 10th anniversary of this observance. Each year, RWII Prevention Week focuses on simple steps swimmers and pool operators can take to help ensure a healthy and safe swimming experience for everyone. The theme for RWII Prevention Week 2014 is “**Healthy and Safe Swimming: We’re in it Together**”.. It focuses on the role of swimmers, aquatics and beach staff, residential pool owners, and public health officials in preventing drowning, pool chemical injuries, and outbreaks of illnesses. It highlights swimmer hygiene and the need for swimmers to take an active role in helping to protect themselves and prevent the spread of germs. Educational material can be found at: <http://www.cdc.gov/healthywater/swimming/resources/index.html>

### What are RWIs?

Recreational water illnesses (RWIs) are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers, or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems. Diarrhea is the most common RWI, and it is often caused by germs like Crypto (short for Cryptosporidium), Giardia, norovirus, Shigella, and E. coli O157:H7. Other common RWIs include skin, ear, respiratory, eye, neurologic, and wound infections. Children, pregnant women, and people with weakened immune systems are most at risk for RWIs. More information about RWIs can be found on the [Basics of RWIs](#) page.

Source: <http://www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week/>

## Safe Kids Heatstroke Prevention Message

### The Issue

- Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children.
- It occurs when the body isn't able to cool itself quickly enough and the body temperature rises to dangerous levels.
- Young children are particularly at risk as their bodies heat up three to five times faster than an adult's.
- When a child's internal temperature gets to 104 degrees, major organs begin to shut down. And when that child's temperature reaches 107 degrees, the child can die.
- Because of this, and because cars heat up so quickly – 19 degrees in 10 minutes – tragedies can happen faster than you think.
- Symptoms can quickly progress from flushed, dry skin and vomiting to seizures, organ failure and death.

### Top Safety Tips

- Heatstroke can happen anytime. Anywhere.
- We don't want to see this happen to any family. Safe Kids is asking everyone to help protect kids from this preventable tragedy.
- Safe Kids wants everyone to ACT.
  - ◇ A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Always lock your doors and trunks – even in your driveway. And keep your keys and key fobs out of the reach of kids.
  - ◇ C: Create reminders. Place something you'll need at your next stop - like a briefcase or cell phone - next to the child safety seat.
  - ◇ T: Take action. If you see a child alone in a car, take action. Call 911.

Source: [www.safekids.org/heatstroke](http://www.safekids.org/heatstroke)

## Preventing Bicycle-Related Injuries

While only 1% of all trips taken in the U.S. are by bicycle, bicyclists face a higher risk of crash-related injury and deaths than occupants of motor vehicles do. In 2010 in the U.S., almost 800 bicyclists were killed and there were an estimated 515,000 emergency department visits due to bicycle-related injuries. Data from 2005 show fatal and non-fatal crash-related injuries to bicyclists resulted in lifetime medical costs and productivity losses of \$5 billion.



### What are the major risk factors?

- Adolescents (15-24 years) and adults aged 45 years and older have the highest bicycle death rates.
- Children (5-14 years), adolescents, and young adults (15-24 years) have the highest rates of nonfatal bicycle-related injuries, accounting for almost 60% of all bicycle-related injuries seen in U.S. emergency departments.
- Males are much more likely to be killed or injured on bicycles than are females.
- Most bicyclist deaths occur in urban areas and at non-intersection locations.

### How can bicycle-related injuries and deaths be prevented?

- **Always wear a bicycling specific helmet while riding:** Bicycle helmets reduce the risk of head and brain injuries in the event of a crash. All bicyclists, regardless of age, can help protect themselves by wearing properly fitted bicycle helmets every time they ride.
- **Increase your visibility:**
  - ◇ Fluorescent clothing can make bicyclists visible from further away than regular clothing during the daytime.
  - ◇ Retro-reflective clothing can make bicyclists more visible at night.
  - ◇ Active lighting can include front white lights, rear red lights, or other lighting on the bicycle or bicyclist. This lighting may improve the visibility of bicyclists.
- **Use A.B.C. [Quick](#) to ensure your bike is safe to operate**
  - ◇ **A. Stands for [Air](#):** Ensure you have the proper tire pressure Wipe the tires down and inspect for cuts What is proper tire pressure? Usually 5-10 lbs less than the manufacturers listed pressure. This is found on the side wall of your tire. Inflating to the maximum or over the maximum will lead to quicker tire wear and potentially skittish handling especially on rough pavement or in fast descents.
  - ◇ **B. Stands for [Brakes](#):** Make sure your [brakes](#) are centered, brake release is not all the way closed or all the way open. Then check to see if once [brakes](#) are squeezed that they return to center.
  - ◇ **C. Stands for [Chain](#) and [Cables](#):** Check the [chain](#) to ensure it's clean, lubed and not damaged. Then inspect [cables](#) to ensure they are clean and that cable housings and cable end caps are not damaged.
  - ◇ **[Quick](#) stands for [quick release \(QR\)](#):** Check your [quick](#) releases to ensure that the cam is functioning properly, that the [QR](#) shaft is lubed and finally that the [QR](#) levers are not closed against carbon fiber or is not sticking out where something could reach out and open it.

Source: <http://www.cdc.gov/HomeandRecreationalSafety/Bicycle/>

Source: <http://www.cdc.gov/HomeandRecreationalSafety/Bicycle/>