

Winter more fun if you avoid the hospital

Winter fun is only as far away as the nearest hill, lake, skating pond or ski slope. To help you enjoy it to the fullest, Bon Secour Hospital has put together a brochure filled with tips to ensure the most fun while reducing your chances of injury or accident.

The brochure lists first-aid actions for accidents or injuries and should be followed up by a visit to a doctor or hospital.



Terry Gibb

Wear goggles, a helmet with chin strap and warm protective clothing. Never wear scarves, loose belts or clothing that could catch on moving parts or tree limbs.

Plan your route carefully to avoid hidden hazard and trails that cross thinly frozen ponds or streams.

Don't speed, especially when you have a passenger.

Use extra caution when driving at night or in bad weather.

Use the buddy system so you can help each other in case of accident or breakdown.

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Don't mix fishing with alcoholic beverages or drugs. Alcohol alters body temperature and increases the risk of hypothermia.

If a fish hook becomes embedded under the skin and medical help is not available, use these steps to remove the hook.

1. If the hook's point — but not the barb — enters the skin, remove the hook by carefully backing it out.

2. If the barb is embedded, push the hook through the skin until the barb reappears. Cut the hook with pliers at either the barb or shank and then back out the remaining hook.

3. Consult a doctor as soon as possible, since such injuries carry the risk of infection and tetanus.

Caution: Never try to remove a fishhook caught in the eye or face. Immediately seek a physician.

ECO-TIP: National Energy Education Day (NEED) is on March 18. Schools are invited to join the NEED Network free. As a member, your school will receive a free NEED Participation Kit which contains energy education activities and resources for all grade levels and a subscription to "Energy Exchange" which contains program ideas, activities and sources of energy education materials.

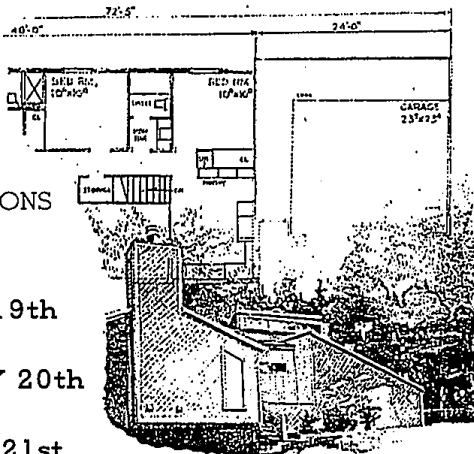
To join the NEED Network or get more information, call Carol Jones, Pontiac Central High School, 857-8400.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit 48266.

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