

# SAFETY FIRST



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Wichita Chapter

September 2024

**SAFETY IS MORE IMPORTANT THAN CONVENIENCE!**

BACK TO SCHOOL  
SAFETY



**Please be careful!**  
**School is back in session**

Remember to go over these tips with your children:  
-Always look both ways before crossing a street.  
-Never assume a car will stop ... err on the side of caution as the driver may not see you.  
-Report any suspicious activities or vehicles.  
-Never accept a ride from a stranger.  
-If biking to school, always check your tires & brakes  
-Bicycle helmets prevent death & injury.  
-Walk facing traffic if there is no sidewalk.  
-Wear bright colors if you must walk on roadways.  
-It is best to stick with a friend whenever possible.

### **Donations are Needed**

Blood banks across the country are in short supply of life-saving blood.

It is never too late to start donating blood. The need goes up on holiday weekends like the one coming up. Yes, it may take an hour of your time... but it could save a life



**Donate today!**

### **School Zone Driving Safety Tips**

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, slow down and obey all traffic laws.
- Always stop for school buses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, streets, school parking lots, etc.
- Never pass other vehicles while driving in a school zone.
- Never change lanes while driving in a school zone.
- Never make U-Turns while driving in a school zone.
- Never text while driving in a school zone.
- Avoid using a cell phone, unless entirely hands-free, while driving in a school zone.
- Unless licensed to do so, never use handicapped or emergency vehicle lanes or spaces to drop off or pick up children at school.

## Food Safety Education Month

### 4 STEPS TO FOOD SAFETY



CLEAN



SEPARATE



COOK



CHILL

**Clean: wash your hands and surfaces often.**

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- [Wash your hands](#) for at least 20 seconds with soap and warm or cold water before, during, and after preparing food and before eating.
  - Always wash hands after handling uncooked meat, chicken, poultry, seafood, flour, or eggs.
- Always wash hands after handling uncooked meat, chicken, poultry, seafood, flour, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.

## Food Poisoning



AMERICAN SOCIETY OF  
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Wichita Chapter

**SEPTEMBER  
MEETING**  
Please check our  
chapter website for  
details:  
[Wichita.assp.org](http://Wichita.assp.org)

Wichita Chapter Meetings  
(unless otherwise noted) are  
hosted on the first Monday  
of each month.

iSi Environmental, Inc.  
215 S. Laura St.  
Wichita, Kansas  
[Map and Directions](#)

Meetings start with a  
Luncheon at 11:30 am,  
followed by a technical  
presentation from 12:00-  
1:00 pm.

**We hope you will be able to  
attend the upcoming  
meetings! We have lined up  
excellent presenters and  
interesting topics, so we  
hope to see you at iSi.**

### Separate: don't cross-contaminate.

- Raw meat, chicken and other poultry, seafood, and eggs can spread germs to ready-to-eat food unless they are kept separate.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
  - Store raw meat, poultry, and seafood in sealed containers or wrap them securely so the juices don't leak onto other foods.
- Use one cutting board or plate for raw meat, poultry, and seafood and a separate one for produce, bread, and other uncooked foods.
- Raw chicken is ready to cook and doesn't need to be washed first. Washing these foods can spread germs to other foods, the sink, and the counter and make you sick.
  - If you choose to wash chicken, do so as safely as possible ([see steps](#)).

### Cook to the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick.
  - The only way to tell if food is safely cooked is to use a food thermometer. You don't know if food is safely cooked by checking its color and texture (except for seafood).
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Learn how to [place the thermometer correctly](#) in different foods to get an accurate reading.
  - Whole cuts of beef, veal, lamb, and pork, including fresh ham: 145°F (then allow the meat to rest for 3 minutes before carving or eating)
  - Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork
  - Ground meats, such as beef and pork: 160°F
  - All poultry, including ground chicken and turkey: 165°F
  - Leftovers and casseroles: 165°F
  - Check this chart for a [detailed list of temperatures and foods](#), including shellfish and precooked ham.
- Microwave food thoroughly: Follow recommended cooking and standing times. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.
  - Know your [microwave's wattage](#). Check inside the door, owner's manual, or manufacturer's website. Use the minimum cooking time recommended if your microwave has high wattage (800 watts or more). Use the maximum cooking time recommended if it is low wattage (300–500 watts).
  - When reheating, use a food thermometer to ensure microwaved food reaches 165°F.

### Chill: refrigerate promptly.

- Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F).
- Keep your refrigerator at 40°F or below and your freezer at 0°F or below, and know when to [throw food out before it spoils](#). If your refrigerator does not have a built-in thermometer, keep an appliance thermometer inside it to check the temperature.
- Package warm or hot food into several clean, shallow containers and refrigerate. Small portions of hot food can be put in the refrigerator since they will chill faster.
- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic, refrigerate it within 1 hour.
- Thaw frozen food safely in the refrigerator, in [cold water](#), or the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

### [Safer Food Choices](#)

# National Preparedness Month

## **FEMA Administrator Deanne Criswell Announces 2024 National Preparedness Month Focus**

This September, Ready Campaign's 2024 National Preparedness Month will focus on Asian American, Native Hawaiian, and Pacific Islander communities. FEMA Administrator Deanne Criswell highlights why it is essential for this diverse community to prepare for disasters and build resilience before disaster strikes.

Visit [Ready.gov](https://www.ready.gov) for more information.

For many across the country, September marks the beginning of hurricane season. For others, wildfires may still be a threat from summer. Whatever natural disasters your home is prone to, it's smart to be prepared for anything. Sit down with your family to create an evacuation plan and gather supplies for an emergency kit.

Check out [www.SafeWise.com/emergency-kits/](https://www.SafeWise.com/emergency-kits/) to learn how to assemble one in your home.

**If you would like to be added to the Wichita ASSP Chapter email list, don't hesitate to get in touch with [president@wichita.assp.org](mailto:president@wichita.assp.org)**