

**Safety Principle**  
**Our Work is Never So Urgent or Important That We Cannot Take Time To Do It Safely**

**MONTH of August**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 - Questioning Attitude	2 – Don't Try Everything at Once
3 – Start and Finish Safely	4 – Live Safe	5 – Do the Right Thing	6 – Choices	7 – Risks Part 1	8 – Risks Part 2	9 – Be Aware
10 – Stand Up	11 – Lead by Example	12 – Personal Safety	13 – Back Pain	14 – PPE	15 – Committed to Safety	16 – Shortcuts
17 – Eye Injuries	18 – Peer Checking	19 – Circle of Safety	20 – Don't Take Anything for Granted	21 – Luck	22 – Observe and Obey Warning Signs	23 – Be Willing to Ask for Help
24 – Hitting or Striking Against	25 – Live Safe – STAR	26 – Machine Accidents	27 – Strains and Sprains	28 – Hurry Up	29 – Buckle Up	30 - Communication

*Our Work is Never So Urgent or Important That We Cannot Take Time To Do It Safely.*

Daily Safety and Health Topics

August 2014

Focus on Guiding Principle:

“Our Work is Never So Urgent or Important That We Cannot Take Time to Do It Safely.”



*Our Work is Never So Urgent or Important That We Cannot Take Time To Do It Safely.*

August 1

## **Questioning Attitude**

“The important thing is to not stop questioning.” Albert Einstein

“There are no foolish questions, and no man becomes a fool until he has stopped asking questions.” Charles P. Steinmetz

Have a questioning attitude for every task you have today.

Ask yourself questions such as:

- Is it safe?
- What is the safest way to complete this task?
- How can we do it better and safer?

## **Health Tip of the Day**

### **LISTEN TO YOUR HUNGER CUES**

How often do you eat because you are hungry? What about for other reasons, such as boredom, anger, stress, or for social reasons? Try eating when you feel hungry and stopping as you begin to become full. For some people, it helps to keep a food journal where they jot down their hunger level every time they eat. Many people are surprised at how often they eat for reasons other than physical hunger. According to our registered dietitian, identifying your eating patterns is often an early step to improving your diet.

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August 2

## **Don't Try Everything At Once**

Weekends are great times to unwind, enjoy other activities – even when that includes home improvement or repair projects. However, if you plan your weekends to include 8-10 hours each day of home improvement projects, you might risk more than you think.

As a 'weekend warrior', you may be at risk - if you have the attitude of doing it all at once. This thinking can increase your chance of injury, strains and sprains. What should you do? Pace yourself and decide what you can realistically do in a weekend. Short of a broken window, a hole in your roof, or a basement that is flooding, there are not a lot of do-it-yourself jobs that you can't walk away from or go back to.

Don't fall into the traps of Multiple Tasks, Overconfidence or Time Pressure. Remember – even the 'weekend warrior' work is never so urgent or important that we cannot take time to do it safely!

## **Health Tip of the Day**

### **ONE IS THE LONELIEST NUMBER**

According to a recent study, loneliness among people above age 50 can greatly increase the risk of high blood pressure. As you age, stay active and social. You will probably enjoy yourself more, and your blood pressure will thank you.

Source: Psychology and Aging Journal

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## **Start and Finish Safely**

When you come to work in the morning, there should be more to starting your job than just routinely turning on a machine or beginning a particular operation.

First, do a good safety survey and Pre-Job Brief.

- What shape is the area in?
- Are there any slippery spots on the floor?
- Are there any tripping hazards around?
- How about checking those vehicles for potential hazards.

It takes just a minute to survey your work area, and it's time well invested. A minor adjustment at the start may prevent a major problem later on.

The same goes for the end of the day. A good ending is a key part of the overall safety picture.

## **Health Tip of the Day**

### **SYMPTOMS OF ALZHEIMER'S DISEASE**

Do you know the symptoms of Alzheimer's disease? Mild symptoms include confusion and memory loss; disorientation; getting lost in familiar surroundings; problems with routine tasks; and changes in personality and judgment. Moderate symptoms include a range of signs such as difficulty with activities of daily living, agitation, sleep disturbances, wandering, and difficulty recognizing family and friends. Early treatment can sometimes slow progression of the disease, so talk with your doctor if you or a loved one shows symptoms. Visit [www.alz.org](http://www.alz.org) for more information.

Source: Alzheimer's Association

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August 4

## **Live Safe**

“The nature of a man is always the same; it is their habits that separate them.”  
– Confucius

“The formation of the right habits is essential to your permanent security”  
- John Tyndall

Being safe is not just about work tasks. We must “Live Safe” 24 hours a day. Make a habit of looking out for your personal security. Walk and work in well-lighted, secure areas. Observe all of our company's security policies. Have a strong Questioning Attitude in the field, office and at home. Report any suspicious activities.

Remember, Our Work is Never So Urgent or Important That We Cannot Take Time to Do It Safely.

## **Health Tip of the Day**

### **DO MUSCLE STIMULATORS WORK?**

Electrical muscle stimulation (EMS) devices have been used for years in physical therapy and sports medicine to help individuals recover from injuries. They can increase range of motion, relieve pain, increase circulation, and temporarily strengthen muscles. This has led many to believe EMS can be used to get in shape or lose weight. While these devices may temporarily tone or firm a muscle, their calorie burning ability is marginal at best. In fact, the Food and Drug Administration rejects certification of any devices that claim weight reduction. The best way to get in shape is to combine regular cardio and resistance exercise.

Source: Journal of Strength and Conditioning Research

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August 5

## **Do the Right Thing**

The right thing is not necessarily the easy thing, the popular thing or even the cool thing to do. True heroes have ethical standards of behavior to guide them and they do what they believe to be right. Even though it seems obvious safety is a priority, there are times when it is not an easy choice.

For example, when the job is running late you may be tempted to take a shortcut. Making the safe choice even under difficult circumstances is the right thing to do.

Don't fall in to the Time Pressure trap!

## **Health Tip of the Day**

### **TRAINING GUIDELINES FOR THE NOVICE WEIGHTLIFTER**

Many people are intimidated by weight lifting and don't know how to get started. Guidelines from the American College of Sports Medicine can help. If you are new to weight lifting, start by identifying the amount you can lift only once while maintaining good form. Then do 8-12 repetitions with 60-80 percent of that weight. Shoot for at least one exercise for each major muscle group, two to three times per week on non-consecutive days. A fitness professional can help you develop a personalized weight-lifting program to maximize the strength you gain and reduce your chance of injury.

Source: ACSM Guidelines for Exercise Testing and Prescription, Eighth Edition

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August 6

## **Choices**

When it comes right down to it, you are the only one who can keep yourself safe at work. Sure, the company provides a safe workplace, training and protective gear. But ultimately, only you can prevent accidents and injuries. Accidents are not just the result of bad luck. They occur when someone decides - consciously or not - to take a chance. Take your time to review every situation before proceeding with the task.

Remember Human Performance Principle Two "Situations that lead to unplanned events are predictable, manageable, and can be prevented.

## **Health Tip of the Day**

### **SUMMER FESTIVALS AND FUN FOOD**

From peach cobbler topped with ice cream to fried everything you can imagine, summer festivals and all of their interesting foods can be a fun and memorable part of summer. But, how do you have a great time at summer outdoor events and still eat healthfully? Here are a few tips for enjoying without overindulging: Look at all food options before choosing your favorites; share with a friend; choose smaller portions when possible; put it all on one plate rather than munching as you go; and sit down, eat slowly and enjoy!

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August 7

## **Risks Part 1**

Why would somebody decide to take a risk, which could result in injury to himself or others? These could be some of the excuses:

- "I did not understand the danger". Make sure you receive the information and training you need to avoid workplace hazards.
- "I didn't bother to read the instructions or precautions." Checking the Material Safety Data Sheets, labels, operating manual and other directions should be automatic before you start an unfamiliar task.
- "I forgot the safety procedure." Training reviews are vital for all workers, both new and experienced.

Any of these worth having an accident?

## **Health Tip of the Day**

### **QUITTING SMOKING**

Did you know that smoking affects the entire body? In fact, smoking harms every organ of the body and increases the risk for cancer, heart disease, stroke, and lung diseases such as emphysema and chronic bronchitis. Thinking about quitting? When you are ready, it is important to take steps to prepare ahead of time. Here are a few steps that can help: 1. Set a quit date. 2. Tell family and friends your plans. 3. Plan for challenges. 4. Remove all tobacco from your home, car and workplace. 5. Talk to your doctor about quit options. Check out [smokefree.gov](http://smokefree.gov) for more ideas to help you succeed.

Source: [Smokefree.gov](http://Smokefree.gov)

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## **Risks Part 2**

Why would somebody decide to take a risk, which could result in injury to himself or others? These could be some of the excuses:

- "I was too embarrassed to ask anyone for help". Embarrassed or injured? What would you rather be?
- "I thought accidents happen to other people, not to me." That's what almost everyone thinks, but obviously accidents are happening to someone.
- "I was in a rush to get done". An injury is a poor trade-off for a little time saved.

## **Health Tip of the Day**

### **WASH THOSE HANDS**

Cleaning our hands is the single most important thing we can all do to reduce the spread of various infections, reports the Centers for Disease Control and Prevention. One study found that more than 30 percent of people do not wash their hands after using a public restroom and 33 percent do not wash them after coughing or sneezing. For better health, always wash your hands after using the restroom, coughing or sneezing, and before handling food.

Source: Emerging Infectious Diseases Journal

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August 9

## **Be Aware**

Be aware of your surroundings at all times. Your work environment can change from one moment to the next with the approach of a vehicle, something falling from overhead or the presence of an intruder. Stay alert and don't fall into the trap of Physical Environment.

## **Health Tip of the Day**

### **TRY THIS TASTY PEAR DESSERT**

Impress your family with this quick and healthy dessert idea: Cut two pears lengthwise. Set washed, unpeeled pears face down in a microwavable dish. Top with the following mixture: 1 3/4 cups apple juice, 1/4 cup pineapple juice, 1/2 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon ground cloves. Microwave on medium for 5-10 minutes or until tender. Enjoy!

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August 10

## **Stand Up**

Don't be afraid to point out unsafe practices by your fellow workers, using common sense and courtesy, of course. Encourage them to do the same for you. When you make a mistake, it is better to be embarrassed than electrocuted.

Don't let Peer Pressure stop you from saving someone.

## **Health Tip of the Day**

### **STAND DON'T SIT!**

More and more research is showing that the movement we do throughout the day (or do not do) may be even more important than our planned exercise sessions when it comes to our health. So in addition to your planned workout, don't sit when you can stand, don't stand when you can pace or walk, and don't just walk when you can walk briskly. A good guide is to never go more than two hours without standing up and moving.

Source: Current Cardiovascular Risk Reports

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August 11

## **Lead by Example**

“As we let our own light shine, we unconsciously give other people permission to do the same.” - Nelson Mandela

Exemplify safety today in everything that you do. Lead by example. You can probably think of times where you've been influenced by someone's positive OR negative example. You never know who is being influenced by your behavior.

## **Health Tip of the Day**

### **KEEP YOUR EYES ON CARROTS**

Can a carrot a day keep the doctor away? The eye doctor, quite possibly. Among many other health benefits, carrots are good for your eyes. Carrots are a rich source of beta-carotene. When converted to vitamin A in the body, this nutrient helps to maintain proper vision, especially in low light. This includes adjusting to night vision, too. Along with carrots, other rich food sources of beta-carotene include dark red, yellow and orange fruits and vegetables, such as sweet potatoes, pumpkin, red bell pepper and mango.

Source: National Institutes of Health

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## **Personal Safety**

Some of us probably feel we have already set good examples for safety, and perhaps we have. But consider just for a moment how, when we think about an accident, we usually think about it in happening to someone else.

Accidents are a reality, and can happen to anyone, including YOU. Make your personal safety just as real, and you'll have a good chance of not becoming that "other person" to whom accidents are always happening.

## **Health Tip of the Day**

### **DIET MYTHS**

Does eating lots of grapefruit, celery or hot peppers melt away body fat? There are no foods that burn away body fat. The healthiest way to decrease body fat is to eat a balanced diet and expend more calories through exercise. Magic bullets and quick fixes typically lead to disappointment, and they can thin your wallet rather than your waistline.

Source: Weight-control Information Network

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August 13

## **Back Pain**

Almost every adult has suffered some kind of back pain during his or her life. That is why back problems are one of the most common reasons why people take time off from work. When lifting, remember to:

- Take your time.
- Bend your knees when you lift, not your back.
- Lift with your legs and hold objects close to your body.
- Lift objects only chest-high.
- If a load is extra heavy or awkward, don't be shy—ask for help ahead of time.
- Make sure you are on stable ground when lifting.
- Don't bend over with legs straight or your knees locked, and don't twist while.

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## **Health Tip of the Day**

### **LACK OF SLEEP INCREASES HUNGER**

Did you know that lack of sleep can affect your hunger and appetite? A recent study found that when participants slept only four hours a night they had lower levels of the hormone leptin than when they slept a full 10 hours. Leptin is a hormone that reduces hunger. A lack of sleep also caused the hormone that stimulates appetite to increase. Get enough shut-eye! It could play an important role in helping you manage your weight.

Source: National Institutes of Health

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August 14

## **PPE**

Rushing to complete a task due to time pressure can promote the non-use of PPE. Think about the many different jobs you do each day and the number of times you have exposed yourself unnecessarily to hazards because you failed to wear the proper protective equipment that is provided for your protection. Your eyes for example may be exposed to hazards, such as flying objects, sunlight and glare, arcing metals. We must take the time to consider the hazard of the work we are performing and the parts of the bodies threatened by them. Then we must obtain and use the necessary protective equipment.

Think of the worst possible outcome, not likelihood.

## **Health Tip of the Day**

### **COLOR YOUR WORLD**

Summer is a great time to enjoy the colorful variety of fresh fruits and vegetables the season has to offer. Keep fresh berries, peaches and melons in the refrigerator to add to breakfast cereals, low-fat plain yogurt and salads. Serve fresh peppers, green beans, yellow squash and cucumbers with hummus, salsa or low-fat dips. Strive to get at least five servings of fruits and vegetables each day. To find out the specific amount of fruits and vegetables you need, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) . Enjoy the hot days with these cool, refreshing foods that pack a powerful, nutritious punch.

Source: Produce for Better Health Foundation

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August 15

## **Committed to Safety**

Having a personal commitment to safety and keeping it strong are more important than any safety program, procedure, or rule. In fact, programs, procedures, and rules depend on a strong personal commitment to safety. Ask yourself where you are with your own safety attitude and behavior. Are you 100 percent committed to safety, 100 percent of the time? You are? Great!

Need some improvement? Promise yourself to work on it-and keep that promise. You will be glad you did.

## **Health Tip of the Day**

### **A PROPER WARM-UP**

A warm-up should be part of every exercise program, as it prepares your body for more intense activity. It should consist of 5-10 minutes of low-intensity large-muscle group activity. A good warm-up is to perform a lower-intensity version of whatever exercise you are about to do. For example, if you are going to do fast walking, then the warm-up should entail a slower-paced walk to acclimate your muscles.

Source: ACE Fitness

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August 16

## **Shortcuts**

Shortcuts are great when you want to get from one place to another quicker. However taking shortcuts in our work is inexcusable and intolerable and will eventually lead to either serious complications or devastating effects.

Shortcuts usually occur when we become overconfident or we're in a hurry to complete a particular task. We think that the steps involved are not necessary or the consequence of overlooking that part of our work ethics or training is justified in one way or another. We must not let ourselves get caught in that trap.

Your life or coworkers' life could be at stake.

## **Health Tip of the Day**

### **HELP TO STOP BINGE EATING**

Binge eating is when a person eats a large amount of food in a short period of time, two or more times per week and feels out of control. If this sounds familiar, you are not alone. According to a recent study, binge eating is more common than previously thought. But there is hope. Breathing and relaxation exercises, and acknowledging binge trigger feelings can be helpful in reducing the length of an episode. Breaking the cycle of binge eating takes time and patience; and for some people, getting help from a registered dietitian and/or licensed psychologist with experience in disordered eating is recommended.

Source: Academy of Nutrition and Dietetics

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August 17

## **Eye injuries**

An eye injury can happen in an instant, but the results can last for the rest of your life. Think what it would be like to be blinded in a workplace accident, just because you decided not to put on your eye protection. A seemingly minor burn or a cut can be disastrous when it involves your eyes. A piece of metal flying off a grinder might be barely noticed if it strikes another part of your body. But if it strikes your eye it could cause permanent vision impairment. These injuries can be prevented, by working safely and wearing the required Personal Protective Equipment (PPE) for the eyes. Always think “Consequences versus Likelihood”

## **Health Tip of the Day**

### **THE LINK BETWEEN SMELL AND FOOD CHOICES**

If you hold your nose while eating chocolate, you might have trouble identifying the chocolate flavor. This is because taste and smell are closely linked. Smell can account for up to 90 percent of your ability to detect the flavor of some foods. Those whose smell declines due to allergies, medications or aging often eat foods containing higher amounts of salt or sugar. Consider using more spices like basil, cumin or chili powder to increase flavor and offset a decreased sense of smell.

Source: American Academy of Otolaryngology

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August 18

## **Peer Checking**

“We make a living by what we get. We make a life by what we give.”  
- Winston Churchill

Peer checking is a tool that allows an individual to seek assistance from another equally qualified person to prevent an unplanned error. It is a tool that we use when the action taken could result in an unplanned error. Take time today to provide peer checking for your coworker. Assist in making the job as safe as possible.

## **Health Tip of the Day**

### **CORRECT BREATHING WHILE LIFTING**

Correct breathing during exercise helps keep blood pressure down and avoid unnecessary stress on the arteries. The American College of Sports Medicine recommends exhaling while you lift and inhaling as the weights return to their starting position. You should never hold your breath while lifting weights.

Source: American College of Sports Medicine

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August 19

## **Circle of Safety**

Before you get into a company vehicle, you are required to do a circle of safety. How good is the circle of safety you do? Do you just go through the motions? You only do it when someone's watching? Or are you that conscious individual who takes vehicle safety seriously. Only you can answer that question. Take a moment to discuss what is checked during a circle for safety.

Don't let overconfidence cause you to miss something.

## **Health Tip of the Day**

### **THINK SMALL FOR PASTA PORTIONS**

Did you know that one serving of cooked pasta is  $\frac{1}{2}$  cup, or a portion about the size of half a baseball or a rounded handful? Depending on gender, age and level of physical activity, most Americans need between four and eight servings of grains each day. Heaping plates of pasta may end up providing more calorie-dense carbohydrates than you need. For a well-balanced meal, try limiting portions of pasta to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup; consider whole wheat, if available; and include plenty of vegetables and lean meat, fish, chicken or tofu.

Source: United States Department of Agriculture

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August 20

## **Don't Take Anything for Granted**

The heading over an article in the newspaper said: "Man Seriously Burned at Work." The story went on to say that the worker was burned when his clothes caught fire during an explosion. But there was more to the story than that. What actually happened was that an oxygen line was mistakenly connected to a water tank on the rear of a jet drill. When the operator opened the valve, an explosion occurred and his clothing was ignited. Make sure you take your time when completing tasks. This can help reduce mistakes. The importance of proper procedure usage can never be stressed enough.

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## **Health Tip of the Day**

### **NO MORE SECONDHAND SMOKE**

The heart and blood vessels are extremely sensitive to toxic chemicals in secondhand smoke. According to some studies, secondhand smoke can increase the risk of heart disease by 25 percent or more. Play it safe; avoid secondhand smoke as much as you can.

Source: Centers for Disease Control and Prevention

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August 21

## **Luck**

Safety is not a matter of luck; it has to be taken seriously. To begin with, you should understand that accidents do happen, and they happen to perfectly nice people like you. Human Performance Principal One reminds us “People are not perfect and even the best can make mistakes.

Yes, sometimes we are lucky enough not to get hurt, even when we do things that we shouldn't do—like standing on the top rung of the ladder or trying to adjust a machine that hasn't been de-energized, let alone locked out. But we can't and shouldn't count on luck.

We are too valuable to, our families, friends and ourselves to trust our lives and limbs to plain dumb chance.

## **Health Tip of the Day**

### **BE SMART WITH FOOD ALLERGIES**

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some can cause severe reactions. They can even be life-threatening. There is no sure cure for food allergies. If you have food allergies, it is important to avoid your problem foods. Sometimes ingredients are hidden, so early recognition and management of allergic reactions to foods is very important.

Source: U.S. Food and Drug Administration

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August 22

## **Observe and Obey Warning Signs**

Every day we see safety signs in and out of the workplace that tell us that something may not be okay to do. The next time you see a sign that you may have passed many times without paying attention to, try reading the words. Think about the caution that the words convey. Then ask yourself if there might not be a very good reason that the warning sign has been posted. There probably is, so why not take the warning?

Don't allow overconfidence to let you walk into an accident.

## **Health Tip of the Day**

### **DON'T SWEAT IT**

Exercisers of all ages, especially older adults and children, are at increased risk for dehydration during these hot summer months. Dehydration can diminish energy, impair performance, and have serious health consequences. Even a 2 percent loss of body weight through sweat—3 pounds for a 150-pound exerciser—can mean trouble. Maintaining proper hydration is important. Weigh yourself, without clothing, just before and after you exercise to measure fluid loss. Each pound lost is equivalent to almost 2 cups of dehydration.

Sources: Gatorade Sports Science Institute

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August 23

## **Be Willing to Ask for Help**

Sometimes, in order to stay safe, we have to accept the fact that we can't do a particular job all alone. We have to say to a co-worker, "Will you give me a hand? Are you too proud to say those words? Are you reluctant to bother someone in the middle of that person's own work? Those are easy reasons to understand—but they aren't worth getting hurt for.

You don't have to be too proud, because everyone needs help once in a while. And you don't have to get hurt just to avoid interrupting someone else—after all, wouldn't you be glad to give someone else a minute or two of your time in order to prevent an injury?

Don't allow embarrassment to stop you.

## **Health Tip of the Day**

### **KEEP IT SPICY!**

Seasonings can add loads of flavor to reduced-fat recipes. Try basil to spruce up poultry, cilantro or salsa with fish, and dill in low-fat cottage cheese. Use cracked black or red pepper for more exciting pasta, and add turmeric to rice dishes. According to our registered dietitian, a little spice goes a long way toward making fat-modified dishes taste great.

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August 24

## **Hitting or Striking Against**

The second most common cause of worker injury is being hit by or hitting against an object. The best way to protect against these accidents is to be alert to the potential hazards and to use appropriate protective equipment (hard hats, eye protection, gloves). Be aware of your body and the space around you. Have a strong Questioning Attitude. Give yourself enough clearance when passing by or ducking under equipment or going through a passageway. Remember to always use situational awareness.

## **Health Tip of the Day**

### **GO EXTRA LEAN**

Have you seen the term "extra lean" on the food label of meat or poultry? This means that the food contains fewer than 5 grams of total fat, fewer than 2 grams of saturated fat, and fewer than 95 milligrams of cholesterol per serving. This is the amount usually eaten in one meal or about 3.5 ounces. To save fat and calories, consider selecting extra lean varieties of beef or poultry.

Source: Food and Drug Administration

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August 25

## **Live Safe – S.T.A.R.**

“In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.”  
- Eleanor Roosevelt

Safety should never be put aside for productivity. Remember to stop, think, before you act and review. It is up to each of us to make the choice to always Live Safe.

## **Health Tip of the Day**

### **EATING BEFORE EXERCISE**

Your body clearly needs food, but too much just before exercise can impair your performance and make you feel sluggish. On the other hand, not eating enough can make you feel weak, tired and unmotivated. Try to strike a reasonable balance. Eat your larger meals three to four hours before exercise. Eat small meals or have a snack during the last hour or two before starting to exercise. Good choices include foods high in carbohydrates, adequate in protein and moderate to low in fat and fiber.

Source: Academy of Nutrition and Dietetics

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August 26

## **Machine Accidents**

When working around any moving equipment (a machine that rotates, slides, or presses) always use safety shields, guards, and lock-out procedures. Only work on a machine that you have been trained to use. Never wear jewelry or loose-fitting clothing that could get caught in the moving equipment. Be alert to the hazards you face on your job and learn what you should do to protect yourself against accidents and injuries and follow the company's established safety guidelines and procedures.

## **Health Tip of the Day**

### **A FEW SAFETY TIPS FOR USING FIREWORKS**

An estimated 11,000 people in the U.S. are treated in the emergency room due to fireworks-related injuries each year. Treat fireworks with respect; read all of the cautions and warnings and use common sense. Always obey all local laws pertaining to the use of fireworks, and only use them as intended. Don't drink alcohol while handling fireworks and don't try to alter them or combine them. Following these simple tips can help keep this great American tradition safe!

Source: Centers for Disease Control and Prevention

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August 27

## **Strains and Sprains**

Strains and Sprains continue to be a leading cause of injury for us.

A few basic rules to remember are:

1. Understand your limitations. Don't charge into a job cold. Warm up to it. Take a lesson from athletes—try to keep yourself in good condition and at your proper weight.
2. Don't overextend yourself—use a stepstool or a ladder when necessary, and avoid a fall as well as a strain.
3. Lift with your legs, not with your back. Keep the load close. Don't twist your body while carrying a load.
4. Be sure there are no slipping or tripping hazards in your work area or around your home. The sudden jerk caused by a slip or trip can cause a strained muscle.
5. Look into ways to eliminate lifting and carrying or to keep it to a minimum.

## **Health Tip of the Day**

### **FIRE UP THE BARBIE**

Nothing says summer like a meal cooked out on the grill. For you grill lovers, this doesn't have to mean eating a hefty load of calories, fat, saturated fat, and cholesterol. Here are a few tips for grilling without guilt: Start with fish or a lean cut of beef, pork or skinless poultry; add a variety of grilled fruits and vegetables like tomatoes, onions, bell pepper, pineapple and mango; and consider using fat-free or low-fat marinades on your grilled meats, fish and poultry.

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August 28

## **Hurry Up**

Frequently used sayings concerning this kind of behavior include "haste makes waste" and "the hurrier I go, the behinder I get." Even more closely associated with safety is "hurry-up can hurt."

In most instances, hurrying on the job has little to do with increased production. It usually is connected with attempting to do something the easy way, getting a tough job over and done with quickly, or getting off the job as soon as possible. All of these reasons for hurrying lead to unsafe acts and injuries. Time Pressure is real and could take you a long time to heal if you fall into that trap.

## **Health Tip of the Day**

### **MAKE YOUR NEXT GOLF ROUND A WORKOUT!**

Thirty minutes of golf, carrying clubs, burns about 140 calories. This translates into approximately 1120 calories for a four-hour round of play! That burn can certainly help you lose or maintain weight. This example is based on a person weighing 150-pounds. If you weigh more, you'll burn extra calories. If you weigh less, you'll burn fewer calories. Just be sure to go easy on the refreshments!

Source: [Caloriecounter.net](http://Caloriecounter.net)

*Our Work is Never So Urgent or Important That We Cannot Take Time To Do It Safely.*

August 29

## **Buckle Up**

Even if your car has an air bag or automatic shoulder belts, you still need to wear both lap and shoulder belts to be protected in side and rollover crashes. Safety belts have proven to reduce chances of serious injury or death in an accident by 50 percent, according to the National Highway Traffic Safety administration.

Belts are effective in both high- and low-speed accidents, so they should be worn at all times. Remember, most accidents occur within 25 miles of home at speeds of 40 miles per hour or less.

## **Health Tip of the Day**

### **CANCER SURVIVORS**

Most of us have been touched by a cancer survivor, personally or through a close friend, co-worker or family member. In the U.S. alone, there are more than 11 million cancer survivors. Detecting cancer in the earliest stage possible can make all the difference when it comes to cancer survival. It has been estimated that up to 35 percent of all premature deaths from cancer could be avoided with cancer screening. Talk to your doctor about the screenings that are most appropriate for you.

Source: National Cancer Survivors Day Foundation

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August 30

## **Communication**

The following is a list of helpful ideas designed to make communications a two way street that is meaningful, productive and increases safety for all involved.

1. Make sure of all intentions, before proceeding with the job or task.
2. Seek to understand the other person before being understood. Use three way communication.
3. Repeat instruction verbatim. Make sure everyone understands what is said and what the intentions are.
4. Communications are always a two-way conversation. Make sure any audio equipment is always working properly. Don't leave anything to chance.
5. When driving your vehicle use the turn signals in plenty of time to communicate to other drivers your intentions.
6. Don't wait until the last minute, planning is paramount to good communications.

## **Health Tip of the Day**

### **PREVENT ACCIDENTAL INJURIES**

Families need to get educated and motivated to take actions that will increase the safety of their homes. According to the National Safety Council (NSC), unintentional injuries in the home result in nearly 21 million medical visits, on average, each year. Visit the NSC at [www.nsc.org](http://www.nsc.org) to learn more about preventing accidents.

Source: National Safety Council

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## **Before Using a Tool**

- Verify that it bears an electrical test label to indicate it successfully passed any required inspection and tests for electrical safety.
- Know the application, limitation, and potential hazards of the tool. Operate according to the manufacturer's instructions.
- Inspect the cord for the proper type. Electric-powered tools must either have a three-wire cord with ground or be double insulated. Never use a plug that has its ground prong removed.
- Inspect the tool for frayed cords, loose or broken switches, and other obvious problems. Tools that fail this inspection must not be used. These must be removed from service and labeled "Do Not Use" until repairs are made.
- Taking the time to check your tools can save us from injury.

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## **Health Tip of the Day**

### **VEGETARIAN OPTIONS**

If you follow a vegetarian diet, it is now easier than ever to find quick and tasty meat alternatives. Many supermarkets have a full range of meat substitutes, such as garden burgers and veggie hotdogs. Even if you are not a vegetarian, these meatless options can be healthy alternatives to meat. Most meat alternatives are soy-based and contain fewer calories, less cholesterol and less saturated fat than meat. They are also generally good sources of protein, dietary fiber and minerals such as iron and zinc.

Source: National Institutes of Health

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