

Hazard Recognition: Scope Change

August 2015

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Daily Safety and Health Topics

August 2015

Focus on Hazard Recognition:

Scope Change



Hazard Recognition: Scope Change

August 1, 2015

Safety Focus

SCOPE CHANGE

According to BusinessDictionary.com: Scope Change is customer-directed alteration that requires a modification in a project's cost or schedule. Common types of scope changes are (1) engineering change, (2) quantity change, (3) support change and (4) schedule change.

This month we will focus on the potential impact on your safety when there is a scope change on a job and you don't "Stop" and do another Job Hazard Analysis. Tomorrow we will examine "Scope Creep".

Health Tip of the Day

OVERCOMING A FITNESS PLATEAU

If you've been exercising for a few months but have stopped seeing improvement, you may have already obtained most of the benefits of your current routine. It might be time for a change. Keep it simple by changing one thing at a time. Consider a modest increase in the weight you lift, train more often or vary your exercises. You can also vary the type and intensity of your cardio workouts and the order of your strength exercises. A simple adjustment may be all your body needs to challenge it once again.

D&I Focus

Information to come

Today is...

August 2, 2015

Safety Focus

SCOPE CREEP VS. SCOPE CHANGE

When it comes to safety, is there really a difference? In the world of projects, there is a different definition for scope creep. According to Techopedia.com, scope creep refers to a project that has seen its original goals expand while it's in progress. As the term suggests, scope creep is a subtle process that starts with small adjustments and ends up resulting in projects that take far longer to complete or even fail before they are finished.

From a safety perspective, there is no difference. Have you ever been performing work that you previously planned out, and part of the way through you realize there's more to the task than you previously thought? Did you stop and reassess your work, or did time pressure or overconfidence push you to keep going? If something changes on a job, "Stop," "Think" and then proceed with the job based on an updated Job Hazard Analysis.

Read more: <http://www.techopedia.com/definition/24779/scope-creep>

Health Tip of the Day

MUSCLE SORENESS

Delayed onset muscular soreness, or DOMS, often occurs 12 to 48 hours after beginning a new exercise program, a change in activity, or a dramatic increase in the amount of time or intensity of exercise. Most experts think this is caused by very tiny tears in muscle tissue. To minimize DOMS, properly warm up before and cool down after exercise, start gradually, and slowly increase the intensity and duration of your workouts over a period of several weeks.

D&I Focus

Information to come

Today is...

August 3, 2015

Safety Focus

SCOPE CHANGE AT HOME

Now that we defined scope change and creep, let's explore a couple of applications. You are outside doing yard work expecting to only cut the grass and edge. You notice your garden needs to be weeded. You hadn't originally "scoped" out the task of weeding the garden which is a change in scope. It is now going to take you longer than you had previously anticipated. Let your use of Questioning Attitude guide you to stop and think about the additional task of weeding the garden. Are you properly prepared for the environment – not just the necessary tools, but additional hydration since it will take you longer in the heat of the day?. You should always Stop, then Think about the change in scope and any new hazards that need to be controlled. Act, and then Review to ensure everything went as planned or if adjustment should be made next time.

Health Tip of the Day

CRAZY FOR CORN

Did you know that this favorite summer vegetable is low in fat, free of saturated fat, cholesterol and sodium, and is a good source of fiber and vitamin C? Select ears with green husks, fresh silks and tight rows of kernels. You can enjoy grilled or steamed corn-on-the-cob, add corn to guacamole or salsa for a little crunch, or make a corn relish by mixing corn with chopped vegetables, beans and vinaigrette.

D&I Focus

Information to come

Today is...

August 4, 2015

Safety Focus

SCOPE CHANGE AT WORK

Yesterday we shared an example of a scope change at your home. Today let's explore a scope change at work. You have almost completed all of your tasks that were defined in the scope of the job you were assigned. You suddenly realize the designer forgot to include the capturing of information from a relay panel. Instead of stopping and thinking about the additional task and what hazards might be present, you might decide to pull the table over and climb on it to capture the relay settings. What if the table collapses and you fall to the ground? Don't let that happen – Stop – and Think – it's late in the day and YES, you want to go home. There's still time, though, to use S.T.A.R. when the scope changes to ensure you have the right tools and equipment for the environment. Get the stepladder out of your truck even though you are in a hurry to get home.

Don't let scope changes on a job set you up for a bad fall! Take the time and adjust.

Health Tip of the Day

LABELING RULES FOR SUNSCREEN

The U.S. Food and Drug Administration has established labeling rules for sunscreens sold over the counter. Products that are labeled "broad spectrum" must pass tests for both ultraviolet A and ultraviolet B rays. Additionally, only broad-spectrum sunscreens with an SPF of 15 or higher can claim that they reduce the risk of skin cancer and early aging if used as directed with other sun protection measures.

D&I Focus

Information to come

Today is...

August 5, 2015

Safety Focus

SCOPE AND HAZARDS

The common cause for accidents at Entergy over the past five years has been a failure to perform adequate hazard identification, evaluation and control when doing a Job Hazard Analysis or failing to do another JHA when the original scope of the job changes. Identification and documentation of hazards is critical to a successful project whether you are conducting a work or home project. Take the extra time necessary; it is worth the effort! So what is a hazard? Check back tomorrow where we will define it.

Health Tip of the Day

SUMMERTIME GRILLING

Do you enjoy grilling outdoors during the summer? For many, nothing can compare with the taste of a meal cooked on the grill. However, studies show that grilling meats at very high temperatures can create heterocyclic amines, chemicals that can increase cancer risks. The American Cancer Society provides the following tips when grilling meat, whether indoors or outside. Avoid overcooking to the point where pieces look charred and black. Choose lean cuts and trim excess fat. Cook over foil rather than directly over hot coals or flames to reduce the amount of smoke coming back into the meat.

D&I Focus

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Today is...

August 6, 2015

Safety Focus

WHAT IS A HAZARD?

A hazard is the potential for harm. In practical terms, a hazard often is associated with a condition or activity that, if left uncontrolled, can result in an injury or illness. Many of our systems, safety processes and human performance tools are there to help identify hazards and eliminate or control them as early as possible to prevent injuries and illnesses.

Health Tip of the Day

SPORTS IN THE SUMMER HEAT

Does your sport require a lot of time outdoors? Take the right steps to stay safe when exercising in the summer heat. Schedule outdoor activities during the cooler parts of the day, such as early morning or in the evening. Wear lightweight, light-colored fabrics. Start slowly and allow your body to adjust to the warmer temperatures. Hydrate before, during and after physical activity. Be aware of the signs of dehydration and heat-related illness. If you feel faint or weak, stop all activity and get to a cool environment. For more information on staying safe during hot weather, visit <http://www.cdc.gov/Features/ExtremeHeat/>.

D&I Focus

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August 7, 2015

Safety Focus

JHA or JSA?

A job hazard analysis is a technique that focuses on job tasks as a way to identify hazards before they occur. It focuses on the relationship between the worker, the task, the tools, and the work environment. Ideally, after you identify uncontrolled hazards, you will take steps to eliminate or reduce them to an acceptable risk level. Job Safety Analysis is a tool used to address the five core functions of Integrated Safety Management, namely:

1. Plan the work by identifying the tasks to be performed (scope of work);
2. Analyze the hazards of the work;
3. Determine the controls necessary to safely perform the work;
4. Perform the work utilizing the prescribed controls; and
5. Provide feedback and continuous improvement to enhance safety by periodically reviewing the JHA. (Look for any scope changes)

Whether you refer to it as a Job Hazard Analysis or Job Safety Analysis, it is basically the same process. Use it as if your life depended on it.

Read more: <http://www2.lbl.gov/ehs/jha/jhaqa.shtml>

Health Tip of the Day

HEALTHY EATING ON THE ROAD

Do your summer plans include hitting the road? If so, planning ahead can help you eat well and save money! Before you leave home, pack a cooler with nutritious, on-the-go snacks. Examples include sandwiches, washed and cut-up fruits and vegetables, small containers of low-fat yogurt or string cheese. If you don't have space for a cooler, try peanut butter sandwiches, whole-grain crackers, nuts and seeds, or dried fruit. These can also be healthy, inexpensive snack options to have on hand once you reach your destination. When dining out, choose water instead of alcohol or sugary drinks. Order a dinner salad to start your meal, then share an entrée with someone else. Safe travels!

D&I Focus

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Safety Focus

WHY IS JOB HAZARD ANALYSIS IMPORTANT?

Many workers are injured and killed at the workplace every day in the United States. Safety and health can add value to your business, your job and your life. You can help prevent workplace injuries and illnesses by looking at your workplace operations, establishing proper job procedures and ensuring that all employees are trained properly. One of the best ways to determine and establish proper work procedures is to conduct a job hazard analysis. A job hazard analysis is one component of the larger commitment of a safety and health management system.

Health Tip of the Day

HEALTHY HEART

Did you know that your heart beats about 100,000 times per day? That's right, 100,000 times each day or 36.5 million times each year. Do all you can to keep your heart healthy. Nourish it with exercise, sleep and a healthy diet, and protect it by not smoking. Know your family's heart health history and discuss it with your physician. Prevent heart disease today instead of treating it tomorrow.

D&I Focus

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August 9, 2014

Safety Focus

JHA – STOP OR PROCEED?

You are on a crew and just completed your JHA. Everyone has agreed on the work plan and hazards identified and controlled. The crew lead and members sign off on the JHA and work begins. After an hour into the project, one of the crew members notices a valve is stuck and needs to be freed. What should you do? The Scope of the project has changed – so do you proceed with freeing the stuck valve? Stop the project and call the crew back together to redo the JHA?

Since the scope has changed, you should “Stop” the project and regroup. Redo the JHA based on the change in scope of the project to ensure it is done safely. A JSA is a great tool, but it’s not worth the paper it is written on if it doesn’t accurately reflect the scope and project plan.

Health Tip of the Day

OLIVE OIL STORAGE

Olive oil is rich in monounsaturated fats and is generally considered a healthful oil. According to our registered dietitian, once opened, you should use the oil within three months for optimum flavor. Store it away from light and heat, in a tightly sealed container. If you choose to store olive oil in the refrigerator, it will turn "cloudy" but generally refrigeration will not affect its flavor or quality. Substituting olive oil for other fats can be a heart-healthy cooking strategy!

D&I Focus

Information to come

Today is...

August 10, 2015

Safety Focus

WHAT IS THE VALUE OF A JOB HAZARD ANALYSIS?

Supervisors can use the findings of a job hazard analysis to eliminate and prevent hazards in their workplaces. This can result in fewer worker injuries and illnesses; safer, more effective work methods; reduced workers' compensation costs; and increased worker productivity. The analysis also can be a valuable tool for training new employees in the steps required to perform their jobs safely. For a job hazard analysis to be effective, management must demonstrate its commitment to safety and health and follow through to correct any uncontrolled hazards identified. Otherwise, management will lose credibility and employees may hesitate to go to management when dangerous conditions threaten them.

Health Tip of the Day

EXERCISING WHILE PREGNANT

Are you pregnant and want to exercise? Check with your physician before you start or intensify an exercise program. The American College of Obstetricians and Gynecologists recommends pregnant women do at least 30 minutes of moderate exercise on most days of the week. Opt for exercises that go easy on your joints due to the extra weight. Swimming, stationary biking, walking and yoga work well for many women. Avoid activities that increase risk for falls or injury, such as heavy weight training and vigorous sports. Also, after the first trimester women should avoid doing exercises on their backs.

D&I Focus

Information to come

Today is...

August 11, 2015

Safety Focus

WHAT JOBS ARE APPROPRIATE FOR A JOB HAZARD ANALYSIS?

A job hazard analysis can be conducted on many jobs in your workplace. Priority should go to the following types of jobs:

- Jobs with the highest injury or illness rates;
- Jobs with the potential to cause severe or disabling injuries or illness, even if there is no history of previous accidents;
- Jobs in which one simple human error could lead to a severe accident or injury;
- Jobs that are new to your operation or have undergone changes in processes and procedures; and
- Jobs complex enough to require written instructions.

JHA's are a critical tool for Entergy field employees. It helps ensure safety and productivity.

Health Tip of the Day

BULK UP TO SLIM DOWN

There are many benefits of fiber already mentioned, but did you know that eating more fiber may give you that extra edge you need for healthy weight management? A fiber-rich meal has more bulk (volume) so you fill up sooner and stay satisfied longer. This can help you eat less overall. In addition, high-fiber foods tend to be less "energy dense," which means they have fewer calories for the same volume of food. As you reduce calorie intake to support weight loss, it's even more important to make your calories count by selecting foods rich in fiber.

D&I Focus

Information to come

Today is...

August 12, 2015

Safety Focus

JOB HAZARD ANALYSIS AT HOME

Have you ever completed a written JHA on a project at home? If not, why not? Aren't there high risk tasks that you perform at times? Cleaning the gutters, painting the shutters on the second floor or maybe you have to get on the roof to repair a leak. Is there an opportunity to share safety practices at home with your family? Don't let traps like Overconfidence, Time Pressure, Distractions push you in the wrong direction here.

You ask your son to help you with the project. Prior to starting the work you explain to him that together you will complete a JHA to ensure you both agree what tasks each will perform. You also inform him that if the scope of the job changes, we must stop and redo the JHA. His role is to hold the base of the ladder while you clean the gutters. Halfway through the project you decide a more effective way to clean the gutters is to use a hose (this is also a test for your son). You instruct your son to go get the hose while you are on the ladder. He tells you no, not without you coming down and redoing the JHA. You are very pleased that your son "Stopped" the job to redo the JHA.

Health Tip of the Day

START SMALL

Changing a behavior is not always easy. It can partly depend on believing in your ability to do the behavior and what you're asked to do. For example, you might strongly believe in your ability to walk for another five minutes per day, but have no confidence that you can eat two servings of fish next week. Behavioral scientists call this belief in your own ability to succeed self-efficacy. One way to strengthen your self-efficacy is to set small, achievable goals. Success with smaller goals can greatly improve your ability to take charge of the larger ones.

D&I Focus

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Safety Focus

HAZARD ANALYSIS - WHERE DO I BEGIN?

1. **Involve your employees.** It is very important to involve your employees in the hazard analysis process. They have a unique understanding of the job, and this knowledge is invaluable for finding hazards. Involving employees will help minimize oversights, ensure a quality analysis, and get buy in to the solutions because they will share ownership in their safety and health program.
2. **Review your accident history.** Review with your employees your worksite's history of accidents and occupational illnesses that needed treatment, losses that required repair or replacement, and any "near misses" – events in which an accident or loss did not occur, but could have. These events are indicators that the existing hazard controls (if any) may not be adequate and deserve more scrutiny.
3. **Conduct a preliminary job review.** Discuss with your employees the hazards they know exist in their current work and surroundings. Keep a Questioning Attitude going and brainstorm with them for ideas to eliminate or control those hazards. If any hazards exist that pose an immediate danger to an employee's life or health, take immediate action to protect the worker. Immediate action can demonstrate your commitment to safety and health and enable you to focus on the hazards and jobs that need more study because of their complexity. For those hazards determined to present unacceptable risks, evaluate types of hazard controls.

Health Tip of the Day

IT'S NEVER TOO LATE TO START EXERCISING

Everyone benefits from being active. In fact, studies show that exercise is an important part of healthy aging for both the body and the brain. Research suggests that regular exercise and physical activity can help older people maintain or partly restore strength, balance, flexibility and endurance — the four areas vital to staying healthy and independent. Some studies also suggest that exercise may play a role in reducing risk of dementia and cognitive decline. Other benefits include improved mood and reduced feelings of depression.

D&I Focus

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Safety Focus

BENEFITS OF JHAs

The many benefits of Job Hazard Analysis include:

- Set performance standards
- Standardize operations based on acceptable safe practices and Personal Protective Equipment (PPE)
- Provides a form of training documentation regarding the employee's knowledge of the job requirements
- Comply with OSHA requirements
- Reduces injuries
- Reduces absenteeism
- Increases productivity
- Increases morale
- Protects employees
- Assists in standard-specific compliance (e.g., personal protective equipment [PPE], Hazard Communication, etc.)

Health Tip of the Day

THE TRUTH ABOUT AB FADS

Thinking of buying one of those ab machines or other ab gadgets seen on TV? Abdominal and back exercises are important for a strong, healthy core. However, you don't need special equipment. Research has found no difference in muscle activity between basic crunches and exercises done on top-selling ab machines. Bottom line: You don't need to spend money to get an effective ab workout unless using a device helps to motivate you. If you do decide to buy something, an exercise ball offers an excellent way to work your core.

D&I Focus

Information to come

Today is...

August 15, 2015

Safety Focus

JHA PROCESS

The Job Hazards Analysis, or JHA process, provides a work hazard and control description (called the Hazards Profile) and a Work Authorization. The work authorization contains the following elements:

- a. A description of the work to which the JHA applies (the **scope**).
- b. Descriptions of
 1. The tasks incorporated into that work;
 2. The hazards associated with those tasks; and
 3. The controls required to mitigate those hazards, using exposure assessment as necessary to evaluate exposures and controls.
- c. Signatures of the work lead authorizing the work (as analyzed by the JHA with the hazards mitigated by the specified controls) and the worker indicating review of the analysis and understanding of safety requirements of the work. It is critical that all workers review and sign off on the JHA.

Remember to “STOP” and reassess if the scope of the job changes. Read more: <http://www2.lbl.gov/ehs/jha/jhaqa.shtml>

Health Tip of the Day

ANGINA PAIN

Angina is a type of chest pain caused by too little blood flow to the heart muscle. Contrary to popular belief, angina pain occurs equally in men and women. It is an early indicator of heart disease. For safety's sake, don't ignore this early warning sign and contact your doctor if you are experiencing any chest pain.

D&I Focus

Information to come

Today is...

August 16, 2015

Safety Focus

SAFETY, SCOPE, SPECIFICATIONS, SCHEDULE AND SPEND

No matter what project you undertake at work or home, the five “S’s” are critical to a successful one! Safety is a key “S.” If someone is injured during a project, it has the potential to impact your schedule and spend. Taking the time on the front end of a project to clearly define the scope and associated safety requirements, via a Job Hazard Analysis, is critical. Equally important is to check and adjust your safety plan if the scope of the job changes. Little changes in a job scope could result in injuries or damages. Keep your questioning attitude sharp and use S.T.A.R. – “Stop,” “Think,” “Act” and “Review.”

Health Tip of the Day

HEALTHY PASTA FILLING

Our registered dietitian recommends this filling for lasagna, stuffed shells, manicotti or even sandwiches. Combine nonfat ricotta or cottage cheese, a touch of skim milk and Italian seasonings (to taste) in a blender. Blend until smooth. You now have a thick, tasty and healthy substitute for traditional pasta fillers.

D&I Focus

Information to come

Today is...

August 17, 2015

Safety Focus

SCOPE AND SAFETY PROFESSIONALS

Earlier this month we covered “Scope and Hazards”. Today we will explore the link between the scope of work of a safety professional and hazards. As defined by the American Society of Safety Engineers, the major areas relating to the protection of people, property and the environment are:

1. Anticipate, identify and evaluate hazardous conditions and practices.
2. Develop hazard control designs, methods, procedures and programs.
3. Implement, administer and advise others on hazard control programs.
4. Measure, audit and evaluate the effectiveness of hazard control programs.

The one area we didn't cover earlier this month when discussing scope changes is the “anticipation” of a hazard. The ability to effectively, “Stop” and “Think” about what hazards you might anticipate being on a job. Don't forget to use your Human Performance Tool, Self-Checking. “Stop,” “Think,” “Act” and “Review”! Be a safety star and use STAR. Read more: <http://www.asse.org/about/scope-and-functions/>

Health Tip of the Day

SUMMER SNACKS

As the temperature rises, what sounds better than something cool, crunchy and sweet? Frozen grapes are a great way to enjoy this nutrient-packed fruit. Just rinse, pat dry, put into a plastic bag, freeze overnight, and enjoy! Other refreshing summer snacks include sliced watermelon and any berries in season. Take advantage of this time of year's seasonal bounty and fuel your body with delicious summer snacks.

D&I Focus

Information to come

Today is...

August 18, 2015

Safety Focus

USING TOOLS

Human Performance tools are tools that are as important as some of the physical tools you use to perform your work. It is sometimes hard to get back into the swing of things after holidays/vacation. Talk about the human performance tools you can use to work with the trap of change/off normal, distractions and other traps that may be present for you today. Specifically discuss Self Checking (S.T.A.R.), Questioning Attitude and Effective Communication in briefs and put these great tools into action.

Health Tip of the Day

SAY YES TO STRETCH!

The American College of Sports Medicine recommends adding stretching to your overall fitness regime to maintain or improve your range of motion. At least 10 minutes of stretching the major muscle groups, two to three times per week can dramatically improve flexibility. If you are a beginner, gradually incorporate just a few stretches into your day — at work, before bed or after your morning shower. Stretching is most effective when your muscles are warm.

D&I Focus

Information to come

Today is...

August 19, 2015

Safety Focus

SURFACE HAZARDS

Sometimes jobs or tasks that you and your team have performed safely many times in the past can have a completely different hazard profile if there are walking surface hazards or similar problems. Always correct walking surface hazards or problems if you can and report them if you are unable to correct them on your own. Use the examples below to generate discussion on how to remove or mitigate slip hazards.

- Weather hazards – rain, sleet, ice, snow, hail, frost
- Walking surfaces – polished or freshly waxed floors; loose, missing or uneven floors, carpets, tiles or mats, uneven or damaged surfaces/stair treads and sloped surfaces, metal plates and steps on equipment
- Clutter and housekeeping issues such as electrical cords or wire, air hoses, wet, greasy or muddy floors, dry floors with dust, powder or resin beads

Health Tip of the Day

GET THE MOST OUT OF YOUR FITNESS CENTER EQUIPMENT

Fitness center equipment can be intimidating if you have never used it before. Adjusting the equipment for your size and understanding how to use it correctly will help you get the most from your workout and prevent injuries. Don't be afraid to ask a fitness professional for guidance on how to use equipment. Many fitness centers offer this service. If you're purchasing equipment for your home, ask what resources are available to help you learn to use it safely before you buy.

D&I Focus

Information to come

Today is...

August 20, 2015

Safety Focus

ENTERING/EXITING VEHICLES: ONE STEP AT A TIME

The most common vehicle entry and exit injuries occur during the following actions:

- Jumping from the cab or bed of a truck.
- Losing balance when entering or exiting a vehicle.

Treat vehicle entry and exit as an important task. Avoid the trap of overconfidence! Make sure and use your driving JHA! Discuss the safe behaviors when exiting vehicles. Use Self Checking (S.T.A.R.). Here are a couple to get you started – look before stepping out of the vehicle and hold on to something stationary (don't use the steering wheel unless it is locked). What are others?

Health Tip of the Day

YOUTH AND DRIVING

It is a fact that young drivers crash more often than older drivers, and with worse consequences. Experts say there are eight “danger zones” that can increase the risk for young drivers: inexperience; not using seat belts; driving with other teen passengers; nighttime driving; and driving while distracted, drowsy, reckless, or impaired. Parents can help when it comes to youth safety on the road. As a first step, parents can be sure kids follow restrictions and graduated driving laws. Not using a cellphone and limiting the number of teenage passengers when driving are important messages to share with young drivers.

D&I Focus

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August 21, 2015

Safety Focus

LADDERS

Portable ladders are used by many of our employees. Remember these practices when using ladders.

- Select the right type of ladder
- Inspect the ladder – do not use deficient ladders
- Follow the weight rating on the ladder
- If you see that you will need to over-reach or lean to access the area where you need to work, move the ladder
- If you must work in high traffic areas from a ladder, use cones, flagging, spotters or signs to ensure that others don't bump you off the ladder.

Complete a JHA prior to performing any task and always do another if the scope of the job changes.

Health Tip of the Day

EYE SAFETY IN THE SUN

We all know the importance of using sunscreen to protect our skin from the sun's harmful rays, but what about protection for our eyes? According to the American Academy of Ophthalmology, everyone is at risk for eye damage that can lead to vision loss from exposure to the ultraviolet rays of the sun. Sunglasses and a wide-brimmed hat are the best defense to protect your eyes against sunlight and harmful UV rays. Look for sunglasses that block both UV-A and UV-B rays. The label should say either UV400 or 100 percent UV protection. Choosing a wraparound type sunglasses can provide additional protection.

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Safety Focus

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. If the scope of a project changes, “Stop” and redo your JHA.

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

KEEPING KIDS' SPORTS SAFE

The popularity of children’s sports continues to grow as parents recognize the benefits of having their children participate in sports and recreational activities. But parents need to take necessary precautions. More than 2.6 million kids suffer medically treated sports injuries each year. It is estimated that half of all sports- and recreation-related injuries can be prevented. Getting a physical, using protective equipment (e.g., helmets, face masks, shin guards, knee pads and mouth guards), staying hydrated, warming up/cooling down and not playing when injured are all important for playing it safe.

D&I Focus

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August 23, 2015

Safety Focus

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.
- Have you completed your JHA?

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. Make sure and do another JHA if the scope of the project changes.

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

EXERCISE FOR THE NEW MOM

There are many options for getting back to your exercise program and regaining your energy level and pre-pregnancy shape. Get moving outside by power walking or jogging with the stroller. Check out "mommy and me" exercise classes in your area. Get back in shape at home with one of the many exercise DVDs available. Or find a fitness center with childcare facilities. Even if you were active before and during pregnancy, you will need to start slowly, listen to your body and be patient as you regain strength and endurance. Always check with your physician before you get back to exercise.

D&I Focus

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Safety Focus

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 or not do another JHA if the scope changes. Making the safe choice even under difficult circumstances is the right thing to do. Don't fall into the time pressure trap! Develop a robust JHA – plan the work, work the plan. If the scope changes, do another JHA.

Health Tip of the Day

GO VEGGIE

Many nutrition experts recommend eating some vegetarian meals to reduce saturated fat and cholesterol. Whether you are vegetarian or simply want to “go veggie” now and then, a great option is to try a variety of ethnic selections. For Chinese, try vegetable and tofu stir-fry. Greek: vegetable-stuffed eggplant. Middle East: falafel, hummus or tabouli. Indian: dhokla or vegetable curry and lentil dishes. Mexican: vegetarian bean burritos.

D&I Focus

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Today is...

August 25, 2015

Safety Focus

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.

Are any of these worth having an accident? Always remember to regroup and do another JHA if the scope of the project changes.

Health Tip of the Day

CORD BLOOD AWARENESS

A baby's birth can bring newfound hope and the possibility for new life for others. A baby's umbilical cord, which is generally discarded after birth, is rich in blood-forming cells that can be used in transplants for people with leukemia, lymphoma, and many life-threatening diseases. In fact, cord blood transplants are making it possible for more adults and children from diverse ethnic and racial backgrounds to find a suitable match for a life-saving transplant. To learn more about cord blood and how to donate, visit: www.bethematch.org.

D&I Focus

Information to come

Today is...

August 26, 2015

Safety Focus

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.

Make sure to minimize risks by doing a robust JHA! Remember, if the scope changes, do another JHA! Your life might depend upon it!

Health Tip of the Day

CPR SAVES LIVES

Knowing cardiopulmonary resuscitation can make the difference between life and death for a friend or loved one. Effective CPR, provided immediately after sudden cardiac arrest, can double or triple a victim's chance of survival. To learn CPR, contact the American Heart Association at www.heart.org or your local chapter of the American Red Cross at www.redcross.org.

D&I Focus

Information to come

Today is...

August 27, 2015

Safety Focus

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

DRYING FRESH HERBS

To dry fresh herbs quickly, wash and place them between paper towels, then microwave on the highest setting for two to three minutes. If they are not yet dry, run the microwave for another 30 to 60 seconds and check again. Repeat until herbs are dry and crumbly. Date and store out of the light in a cool, dry place. Use dried herbs within one year for best flavor. They are more potent and concentrated than fresh, so just 1 teaspoon dried equals 1 tablespoon fresh for equal strength and zest.

D&I Focus

Information to come

Today is...

August 28, 2015

Safety Focus

SHORTCUTS

Shortcuts can be 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. Don't shortcut the process when the scope of the project changes. We must not let ourselves get caught in that trap.

Your life or co-workers' life could be at stake.

Health Tip of the Day

MODIFYING FAST FOOD

As a food consumer, don't be afraid to ask for special requests when you eat out. Even fast-food restaurants often allow you to modify standard items for free or a small fee. For example, add extra veggies like chopped tomatoes, onions and shredded lettuce to sandwiches and burritos; ask for spreads and sauces on the side; or replace fries with fruit or a side salad.

D&I Focus

Information to come

Today is...

August 29, 2015

Safety Focus

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

THINKING OF TRYING A MASSAGE?

People use massage to relieve muscle tension, as well as ease stress and anxiety levels. Preliminary research shows that massage may help with back pain and improve quality of life for people with some chronic conditions. When making an appointment, ask about your therapist’s training and then tell them about any medical conditions you have. During your massage, be sure to speak up if you are feeling pain or if it is uncomfortable. Then, relax and enjoy some stress-free time.

D&I Focus

Information to come

Today is...

August 30, 2015

Safety Focus

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

HERBAL TEA ANYONE?

Herbal teas are a popular beverage and may help soothe minor ailments. Varieties include ginger, ginkgo biloba, ginseng, hibiscus, jasmine, rosehip, mint, rooibos (red tea), chamomile and echinacea. Before drinking, read the list of ingredients carefully and look up herbs' effects. Certain herbal teas can have laxative effects such as those containing senna, aloe and buckthorn. Misuse of these teas can cause dehydration, electrolyte imbalances or other adverse effects. Tell your health care provider about any complementary and alternative practices you use. This will help ensure coordinated and safe care.

D&I Focus

Information to come

Today is...

August 31, 2015

Safety Focus

RISK TAKING

What is the opposite of risk-taking? Plan your jobs (on and off-the-job). Brief the job with everyone involved. Answer all questions. Work the plan. Scope change? Stop the job and re-plan and brief. Remember, safety is good business for everyone.

Health Tip of the Day

EDIBLE FLOWERS

Fresh flowers make a beautiful garnish for almost any salad, meal or dessert. Some are even edible if obtained from a safe source. Buy edible flowers from a gourmet shop or a source that can verify the flowers were not sprayed with pesticides or exposed to toxic chemicals. Do not eat flowers from florists, nurseries or garden centers. Some edible flowers include dill, dandelions, jasmine, lavender, lilac, mint, nasturtiums, rosemary and roses. Remember, not every flower or every part of a flower is edible. If uncertain, consult a good reference book or gourmet shop.

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Information to come

Today is...