

Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

MONTH of DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 – Stress	2 - Exercise	3 - Eating	4 - Sleep	5 – Cigarettes , Alcohol, and Caffeine	6 – Relax
7 – Do not Forget about Safety	8 – Off the Job Accidents	9 – Safe Commute	10 – Arriving Home	11 – Fall Hazards at Home Part 1	12 – Fall Hazards at Home Part 2	13 – Fall Hazards at Home Part 3
14 – Fall Hazards at Home Part 4	15 – Electrical Safety at Home Part 1	16 – Electrical Safety at Home Part 2	17 – Fire Protection for your Family	18 – Defensive Driving Part 1	19 – Defensive Driving Part 2	20 – Defensive Driving Part 3
21 – Defensive Driving Part 4	22 – Road Rage Part 1	23 – Road Rage Part 2	24 – Tools	25 – Tool Inspection	26 – Home Safety	27 - Weather
28 – Off the Job Safety	29 – Share the Road	30 – Take Safety Home	31 – Safe Driving			

Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

Daily Safety and Health Topics

December 2014

Focus on Guiding Principle:

“Off the Job Safety is an Important Part of Overall Safety Efforts.”



Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 1, 2014

Safety Focus

Stress

Stress is unavoidable and is a human performance trap. It is your natural response to the challenges and changes of life. You have a choice in how you deal with stress, though. You can learn to relax physically and mentally. You can let off steam through physical exercise. You can reduce the causes of stress in your life. Keep your sense of humor. There is usually something to laugh about no matter how bad things are.

Health Topic

CHOCOLATE—TREAT OR HEALTH FOOD?

There's good news for you chocolate lovers! Dark chocolate in small amounts is believed to have heart-health benefits and might even help lower blood pressure. These potential health benefits are attributed to dark chocolate's phytochemical content. Chocolate is still a high-calorie food so moderation is important. Try selecting a small piece as a treat and slowly savor the rich flavors.

Source: Academy of Nutrition and Dietetics

D&I Focus

“There never were in the world two opinions alike, no more than two hairs or two grains; the most universal quality is diversity.” – Montaigne (French Philosopher)

World Aids Awareness Day	December 1
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 2, 2014

Safety Focus

Exercise

Get regular exercise. This will improve your fitness for dealing with all of life's physical and mental challenges. It is also a good way to shift your focus away from things that upset you or make you angry. A simple and effective response to an unhealthy stress problem is to rid yourself of the excess energy by doing something physical such as sports, running or walking. Always use STAR (Stop, Think, Act, Review) when exercising to stay safe.

Health Topic

POSITION YOURSELF FOR GROUP CYCLING

When taking a group cycling class, make sure you adjust the bicycle seat and handlebars to fit your size. For instance, your knee should only have a 5-degree bend in the extended position. Ask your instructor to make sure that you are set up properly. This will help you get the full benefits of the workout, while minimizing the chances for unpleasant strains and pains.

D&I Focus

“ I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being.” - Jackie Robinson

National Fritters Day	December 2
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 3, 2014

Eating

Eat right to maintain your health. Eat a variety of fruits and vegetables, the fresher the better. Fill up on complex carbohydrates such as whole grain bread, rice, pasta and potatoes. Skip the foods filled with fat and sugar. Like yesterday with exercise we can use STAR (Stop,Think,Act,Review) to help us select health food options.

Health Focus

SLOW DOWN AT MEALS

If you normally rush through a meal, try slowing down. Allow yourself more time to eat. Pay attention to the food's texture, taste and flavor. Chew slowly and relax! Following these instructions can help you feel more satisfied, reduce overeating and avoid heartburn

D&I Focus

““We have no hope of solving our problems without harnessing the diversity, the energy, and the creativity of all our people.” - Roger Wilkins (Civil Rights leader)

National Roof over Your Head Day	December 3
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 4, 2014

Sleep

Get enough sleep. Individual sleep needs vary, but you should sleep long enough to wake up feeling rested and refreshed. Sleep patterns are often disrupted when a person is stressed.

Health Focus

DELAYED MUSCLE SORENESS

Exercise can lead to muscle soreness if you are doing something new or have increased your intensity. Soreness normally peaks 24-72 hours after exercise. The good news is that this delayed muscle soreness usually means your muscles are getting stronger. To lessen the chance of discomfort, slowly add more time, distance, intensity or repetitions to your routine. A light cardio workout, massage and/or gently stretching warm muscles can also help reduce soreness.

SOURCE: American College of Sports Medicine

D&I Focus

“Respect is what we owe; love, what we give.” - Philip James Bailey (English Poet)

Wear Brown Shoes Day	December 4
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 5, 2014

Cigarettes, Alcohol, and Caffeine

Cigarettes, alcohol and caffeine kick your body into high gear and can add to your stress level over the long run, so cut back or quit. If you need help in staying off alcohol or drugs, get help from a treatment program or self-help group. Use a questioning attitude before using any of these products.

Health Focus

CHEWING GUM CAN HELP PREVENT TOOTH DECAY

Did you know that chewing sugarless gum for 20 minutes following meals can help prevent tooth decay? Chewing gum increases the flow of saliva, which can neutralize and wash away the acids that lead to tooth decay. Look for the ADA (American Dental Association) Seal on your favorite gum and keep a pack in your purse, briefcase or pocket. Chewing gum is not a substitute for brushing and flossing. The ADA recommends brushing twice a day and flossing between teeth once a day.

Source: American Dental Association

D&I Focus

“It is well to remember that the entire population of the universe, with one trifling exception, is composed of others.” - John Andrew Holmes (American Poet)

Bathub Party Day	December 5
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 6, 2014

Relax

Learn some relaxation techniques. Here's a simple one: Close your eyes for a few moments and breath in and out deeply and slowly. Concentrate on the sensation of breathing. Obviously, you cannot do this while you are doing something like driving or operating a drill press, but you can do it while you are taking a break.

Health Focus

SAME BENEFITS IN HALF THE TIME!

Most health benefits occur with at least 150 minutes each week of moderate-intensity aerobic exercise. You can get the same health benefits by doing 75 minutes of vigorous-intensity aerobic exercise per week. Vigorous means you are breathing hard and fast and your heart rate has gone up significantly. Consider taking your workout up a notch by increasing speed, resistance or adding hills. Be sure to progress slowly and check with your doctor if you are not sure if vigorous exercise is appropriate for you.

Source: U.S. Department of Health & Human Services

D&I Focus

“The great difference between voyages rests not in ships but in the people you meet on them.” - Amelia Barr (British Novelist)

St. Nicholas Day	December 6
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 7, 2014

Do not Forget about Safety:

You've finished work for the day or night. Now you can relax and forget about the job. Good. Forget about the nagging little details of your workday, who got on your nerves and what you didn't like about your lunch. Step away and leave all that behind. However, for goodness sake—or, rather, for your sake—don't forget about safety! Always remember to use STAR (Stop,Think,Act,Review) at work and home.

Health Focus

KNOW THE SIGNS!

According to the Alzheimer's Association, there are 10 warning signs of Alzheimer's disease. Along with the advice of a doctor, these signs are important to detecting Alzheimer's: 1) Memory changes that disrupt daily life 2) Challenges in planning or solving problems 3) Difficulty completing familiar tasks 4) Confusion with time or place 5) Trouble understanding visual images and spatial relationships 6) New problems with speaking or writing 7) Misplacing things and inability to retrace steps 8) Decreased or poor judgment 9) Withdrawal from social or work activities 10) Changes in mood and personality. For more information, visit: www.alz.org.

Source: Alzheimer's Association

D&I Focus

“When you're finished changing...you're finished” - Benjamin Franklin

Pearl Harbor Day	December 7
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 8, 2014

Off the Job Accidents

Off-the-job accidents can be just as serious as those that happen at work: just as disabling or just as fatal. Therefore, it's just as important as it is at work not to let those accidents happen! One tool that can be used to prevent off the job accidents is using STAR (Stop,Think,Act,Review).

Health Focus

FLU SHOTS

We are coming into the heart of flu season. It is important to get a yearly flu vaccination (shot, nasal spray) since flu viruses change from year to year. Early immunization--between August and November-- gives you the best protection. Seasonal flu vaccination is for everyone 6 months of age and older. Click the link to look for a place close to you that is offering flu vaccinations:

<http://flushot.healthmap.org/>.

Source: flu.gov

D&I Focus

“Deep inside us we're not that different at all.” - Phil Collins (singer)

National Brownie Day	December 8
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 9, 2014

Safe Commute

Probably the first thing you do when you leave work is get in your car. That means the second thing you should do is buckle your seat belt. No!!! The first thing we do before starting any take is use STAR (Stop,Think,Act,Review). (By the way, have you replaced the windshield wipers recently? Is the windshield in good condition-easy to see through?) Now, do not start thinking about arriving home; think about driving there—carefully, and as slowly as necessary in order to be safe.

Health Focus

EXERCISE AND DEHYDRATION

Did you know that it's possible to lose up to 1.5 cups of body fluid in just 20 minutes of running? The best way to prevent dehydration is by drinking moderate amounts of water before, during and after exercise. You might also need a sports drink if exercising at moderate to high intensity for more than an hour or in the heat.

Source: American College of Sports Medicine

D&I Focus

“I firmly believe that respect is a lot more important, and a lot greater, than popularity.” - Julius Erving

National Pastry Day	December 9
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 10, 2014

Arriving Home

When you do get there, try something different today. If there is a pet to be kissed, and spouse or kids to pat, go ahead. Then, take a careful look around. In other words, use STAR (Stop,Think,Act,Review) on your own premises before doing any task at home.

Health Focus

THE UNWANTED GUEST

As you enjoy your holiday meal buffet or potluck this year, don't let an unwanted guest—BACTERIA—ruin your party. Take steps to keep yourself and your guests safe and healthy. Perishable foods should be refrigerated within two hours. After two hours, harmful bacteria can multiply rapidly, putting you and your guests at risk of foodborne illness. Use refrigerated leftovers within three to four days, and reheat stored leftovers to an internal temperature of 165 degrees Fahrenheit.

Source: Academy of Nutrition and Dietetics

D&I Focus

“Honest differences are often a healthy sign of progress.” - Mahatma Gandhi

Human Rights Day	December 10
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 11, 2014

Fall Hazards at Home Part 1

If there is a mat inside your front door, is it secure, or is someone likely to trip over it? What about the rest of the rugs and flooring? Is there a danger spot where someone has already had a fall or a near accident? Make this the day you retack a carpet that's coming up, or skid-proof any area rugs. Are there any stairways in your home? Make sure the lighting there is good, the handrail secure, and any carpeting completely trip-resistant. Are you using a good questioning attitude while looking for these things?

Health Focus

CEREAL BARS

Do you grab a cereal bar for breakfast on your way out the door? If you do, read your nutrition labels carefully. Watch out for bars that are high in sugars and hydrogenated fats. Select bars with whole grains listed as the first ingredient and at least 3 grams of dietary fiber per serving. Pair your cereal bar with a small banana, cup of low-fat milk, and a handful of nuts or a hard-boiled egg to make a more complete on-the-go breakfast.

D&I Focus

“Religions are many and diverse, but reason and goodness are one.” - Elbert Hubbard (American Philosopher)

National Noodle Ring Day	December 11
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 12, 2014

Fall Hazards at Home Part 2

Trips and falls are so common in the home, in fact, that preventing them should be a number one priority in your residential safety review. Clear any areas that are too cluttered for walking safely. Make sure no cables and electrical or telephone cords cross anyone's possible path. Remember STAR (Stop,Think,Act,Review) before starting any task at home.

Health Focus

F.A.S.T. WAY TO RECOGNIZE A STROKE!

Few people know the symptoms of stroke. Learning them could save your life or the life of a loved one. F.A.S.T. is a simple test to help you recognize stroke symptoms:

F = FACE – Ask the person to smile

A = ARMS – Ask them to raise both arms

S = SPEECH – Ask them to repeat a simple sentence

T = TIME – Call 911 if the person has trouble with any of these tasks. Describe their symptoms to the dispatcher. Mention the possibility of stroke. If there is any doubt, don't wait; CALL 911. Remember, strokes strike fast.

Source: National Stroke Association

D&I Focus

“There is no respect for others without humility in one's self.” - Henri Frederic Amiel
(Swiss Philosopher)

Poinsettia Day	December 12
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 13, 2014

Fall Hazards at Home Part 3

In the bathroom, where many falls occur, keep the floors wiped dry and install a nonskid type of mat by the tub or shower. In addition, a rubber mat or antiskid adhesive inside the tub or shower may prevent a bad accident.

Health Focus

KEEP KIDS AT A HEALTHY WEIGHT

Studies show that children who get regular exercise and limit their time in front of the TV and computer are much less likely to be overweight than their peers. The American Academy of Pediatrics recommends that children devote no more than two hours per day to watching TV and playing video games. In addition, children should aim for one hour of exercise daily.

Source: American Academy of Pediatrics

D&I Focus

“Diversity is what makes uniqueness acceptable.” - Joyce Meyer (Christian Author)

Ice Cream Day	December 13
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 14, 2014

Fall Hazards at Home Part 4

Falls are also a potential hazard whenever you are climbing-whether it's an extension ladder that enables you to clean the roof gutters, a stepladder for repainting a bedroom ceiling, or even the kitchen step stool. Do a good pre-job brief before starting any task at work and home.

Health Focus

HEALTHY DIP FOR VEGGIES

Looking for a quick and healthy dip for the holidays? Here's a tip from our registered dietitian: Combine 1 cup of plain nonfat or low-fat yogurt with 1 teaspoon of lemon juice, a clove of minced garlic, and 1 tablespoon of fresh dill. Store in the refrigerator for several hours or overnight. Use as a dip for fresh veggies, including sliced red and green peppers, carrots, celery, broccoli, and cauliflower.

D&I Focus

“If I can change, and you can change, everybody can change.”

International Children's Day	December 14
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 15, 2014

Electrical Safety at Home Part 1

Have you been trained in electrical safety at work? Being safe at home also means being safe with electricity. Always use STAR (Stop,Think,Act,Review) when starting any task at home. Never disable the grounding plug on a three-pronged appliance plug. Disconnect an appliance by grasping the plug as you pull, so that you won't damage it. Replace worn cords promptly.

Health Focus

PRE-DIABETES MEANS PREVENTION IS POSSIBLE

Pre-diabetes is when a person's blood glucose (sugar) levels are higher than normal, but not high enough to be called diabetes. It is a serious condition, but there is good news. Studies show that a person can lower their risk for type 2 diabetes by almost 60 percent with two modest lifestyle changes: Losing about 7 percent of your body weight and exercising moderately, such as walking 30 minutes, five days a week.

Source: American Diabetes Association

D&I Focus

“Differences challenge assumptions.” - Anne Wilson Schaef (American Author)

Bill of Rights Day	December 15
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 16, 2014

Electrical Safety at Home Part 2

Water and electricity just don't mix. Never put electric appliances in a sink full of water; instead, wipe them with a damp cloth. Don't place electrical appliances next to the tub, sink or shower. Don't enter a flooded basement if electrical appliances are present under water. Have the electric company turn off your power first.

Health Focus

FRIED TURKEY?

Deep-frying gives the outside a crispy texture but keeps the inside of the turkey juicy. Surprisingly, it is not as unhealthful as you might think. A 3½-ounce portion of deep-fried turkey with the skin has about 12 grams of fat compared with about 9 grams in the same portion of a roasted turkey. The key is to keep the cooking oil hot enough—350 degrees while the turkey is frying—to prevent oil from seeping into the turkey meat. No matter how it is prepared, save fat and calories by enjoying your turkey without the skin.

Source: Academy of Nutrition and Dietetics

D&I Focus

“Our moral, religious, and political traditions are united in their respect for the dignity of human life.” - Robert Casey (American Politician)

National Chocolate Covered Anything Day	December 16
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 17, 2014

Fire Protection for your Family

Fire is probably the most feared home hazard, so it's wise to prepare for emergencies before they happen. Smoke detectors are essential and do save lives. Rope ladders enable exit from upper floors. The whole family should learn and practice escape routes, including an agreed-on meeting place away from the immediate area.

Health Focus

DUMBBELLS VS. MACHINES

Which is better for your muscles, dumbbells or machines? Many strength experts recommend using a combination of the two. Together, they help to increase strength, while also improving coordination and flexibility. For example, using a chest-press machine may allow you to lift more weight safely, but using dumbbells requires muscle balance and coordination. Muscles benefit from both types of weight training. Mix it up. Find a routine that fits you and your goals.

Source: ACE Fitness

D&I Focus

“You have to change your thinking before you can change your life.” - Joyce Meyer (Christian Author)

National Maple Syrup Day	December 17
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 18, 2014

Defensive Driving Part 1

Defensive driving does not require a high degree of special training. The characteristics of a defensive driver are the same characteristics that apply to many aspects of our lives. Defensive drivers take time to educate themselves about safe driving techniques. They know how to recognize hazards and avoid collisions. They know the traffic laws in their area. This knowledge helps them know how to act correctly and quickly in traffic situations. They also know how to properly maintain their vehicles in a safe operating condition. Good defensive drivers use STAR (Stop, Think, Act, Review) while driving.

Health Focus

ROUTINE CANCER SCREENINGS

Do you know what routine cancer screenings you should have? There are many different guidelines, based on things such as your age, gender, family history, and personal medical history. Your health care provider is the best person to help you decide which tests you need and when. He or she can talk with you about the risks and benefits of screenings tests, and address your questions and concerns.

Source: American Cancer Society

D&I Focus

“We all live with the objective of being happy; our lives are all different and yet the same.” - Anne Frank (Jewish Holocaust victim)

National Roast Suckling Pig Day	December 18
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 19, 2014

Defensive Driving Part 2

Defensive drivers are alert, both to traffic conditions and how their mental and physical conditions may affect their driving. They pay attention to the traffic situation to the front, sides and rear, glancing in rear- and side-view mirrors many times a minute. They give all their attention to the task of driving.

Health Focus

THINK BEFORE GETTING INKED

Permanent body art is more common than ever today. If you are thinking about getting a tattoo, be aware of the potential health risks and select a studio carefully. Allergic reactions, skin infections, bloodborne diseases and magnetic resonance imaging (MRI) complications are all potential risks. Choose a reputable tattoo studio and insist that the artist take safety precautions such as wearing gloves and using appropriate, sterilized equipment.

Source: Mayo Clinic

D&I Focus

“The World is my country, all mankind are my brethren, and to do good is my religion.” - Thomas Paine (American Revolutionary Activist)

Look for an Evergreen Day	December 19
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 20, 2014

Defensive Driving Part 3

Defensive drivers know that their worst enemy is the unexpected. They never assume the other driver will do the right thing. They anticipate hazards by scanning the road to size up the traffic situation as far ahead as possible. In this way, they are able to prepare for hazards rather than simply react to them. They practice long-range foresight by keeping their vehicle well maintained, by checking them before driving, and by always wearing a safety belt.

Health Focus

HOLIDAY TIPS

Make a plan to enjoy the holiday without overeating and regretting it later. Get up early and go for an invigorating walk or jog. Eat a light, healthy breakfast. Choose only foods that are special and that you don't eat regularly. Take small portions and savor them slowly. Chew your food well, sip water and enjoy conversation. Help clean up and suggest a walk after dinner, even if you have to bundle up to do so in colder climates.

D&I Focus

"Toward no crimes have men shown themselves so cold, bloodedly cruel as in punishing differences of belief."

Go Caroling Day	December 20
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 21, 2014

Defensive Driving Part 4

Good drivers use common sense and STAR (Stop,Think,Act,Review) to make decisions wisely and quickly. They maintain control of their behavior, resisting the temptation to make risky maneuvers to get somewhere faster.

Health Focus

FEEL GOOD AFTER EXERCISE

Restarting an exercise program after a break? Increasing your exercise workload? If yes, you may feel unusually tired during the next several workouts. Don't try to push through the tiredness. Give your body time to readjust, and get plenty of rest. With recovery time and gradual increases, future exercise sessions should leave you feeling good!

D&I Focus

“Our true nationality is mankind.” - H.G. Wells (English Writer)

Look on the Bright Side Day	December 21
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 22, 2014

Road Rage Part 1

What should you do when you encounter this kind of attitude on the road—either in another driver or, for that matter, in yourself? First of all, exert whatever effort it takes to refocus your mind. Ask yourself whether your true goal is to win some kind of competition with the other drivers on the road, to get where you're going a little faster, or to reach your destination in one piece by being a cool head rather than a hothead.

Health Focus

SECONDHAND SMOKE AND CHILDREN

It's known that exposure to secondhand smoke increases the risk of sudden infant death syndrome (SIDS), ear infections, bronchitis, pneumonia, and more severe asthma in children. There is NO SAFE LEVEL of exposure to secondhand smoke. Do not allow smoking in your home or car, and avoid public places where smoking may still be permitted.

Sources: National Cancer Institute

D&I Focus

“It is the duty of every cultured man or woman to read sympathetically the scriptures of the world.”

National Date Nut Bread Day	December 22
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 23, 2014

Road Rage Part 2

Road rage is like a contagious disease. Protect yourself from it with daily doses of common sense and safety consciousness and by steering clear of any obviously infected drivers you see on the road with you.

Health Focus

DENTAL SEALANTS FOR KIDS

Dental sealants are thin plastic coatings that act as a barrier to protect the chewing surfaces of the back teeth (premolars, molars) from cavities. According to the National Institute of Dental and Craniofacial Research, children should get sealants on their permanent molars as soon as they come in—before decay attacks the teeth. Sealants, daily brushing and flossing, fluoride, and regular dental check-ups are an important part of your child’s oral health and the best defense against tooth decay.

Source: National Institutes of Health

D&I Focus

“This world of ours... must avoid becoming a community of dreadful fear and hate, and be, instead, a proud confederation of mutual trust and respect.” - Dwight D. Eisenhower

Roots Day	December 23
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 24, 2014

Tools

If you had to go to a store and buy every tool you need for your home building projects, you could go broke in a hurry. However, many of us are able to fill our toolboxes and home workshops with hand-me-downs from parents and cheap finds from yard sales. While second-hand tools might be easy on the budget, they can be hard on safety. Damaged, worn, poorly repaired and outdated tools can lead to serious injuries. A good mental tool to use is STAR (Stop,Think,Act,Review).

Health Focus

HOW DOES SMOKELESS TOBACCO EFFECT YOUR HEALTH?

- Mouth, gum, cheek cancer
- Pancreatic cancer
- Cancer in the esophagus
- Possible increase in risk of heart disease, heart attacks, and stroke
- Addiction to nicotine (which can lead to smoking and using other forms of tobacco)
- Leukoplakia (white sores in the mouth that can become cancer)
- Receding gums, gum disease (gums shrink from around the teeth)
- Bone loss around the roots of the teeth
- Abrasion (scratching and wearing down) of teeth
- Cavities and tooth decay
- Tooth loss
- Stained and discolored teeth
- Bad breath

Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 25, 2014

Tool Inspection

Examine all hand and powered tools before using them. Don't attempt makeshift repairs. If the tool is defective, discard it so you or another person won't be tempted to use it.

These are some of the problems to look for:

- Flattened or chipped heads on striking tools.
- Loose or cracked handles.
- Broken wiring on power tools.
- Insulation which has been damaged.
- Missing guards.

MERRY CHRISTMAS!

Health Focus

SHOULD I EXERCISE WITH COLD SYMPTOMS?

Feeling under the weather, but still want to work out? If your symptoms are from the neck and above such as a stuffy nose, sneezing or mild sore throat, you can proceed with exercise but pay attention to how your body feels by modifying or stopping if your symptoms get worse. If your symptoms are below the neck such as coughing, chest tightness or an upset stomach, skip your workout until you feel better. Never exercise if you are running a fever. When in doubt, check with your doctor.

Source: American College of Sports Medicine

Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 26, 2014

Home Safety

To some degree, most of us are do-it-yourselfers around the home, and this is where many people are injured. Be careful when using a ladder, for example, being sure it's in good condition and you climb safely. When using tools, pick the right tool for the job. If a tool is in poor condition, don't use it. Most of you have power tools, and you should be sure that they're properly grounded with a three-pronged plug or double insulation. In addition, stay off wet surfaces when using electric power tools.

Health Focus

GIVE YOUR TURKEY LEFTOVERS A WRAP

Here's a light and tasty idea for leftover turkey: Spread 1 to 2 tablespoons of cranberry sauce on a whole-wheat tortilla or wrap. Top with 2 to 3 ounces of sliced turkey breast and fresh spinach leaves or other salad greens that have been tossed with light raspberry vinaigrette. Sprinkle toasted pecans on top. Fold edges in, wrap and enjoy!

D&I Focus

"I have no right, by anything I do or say, to demean a human being in his own eyes. What matters is not what I think of him; it is what he thinks of himself. To undermine a man's self-respect is a sin." - Antoine de Saint-Exupery

Boxing Day	December 26
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 27, 2014

Weather

The weather is something we can't do much about. Yet it affects our safety, so we have to take precautions against it. Don't overexert yourself when shoveling snow, for example—a shovelful can weigh more than you may think. And don't work too long in the hot sun. This can catch up with you fast, particularly if you've worked hard all week at your regular job. Keep a strong questioning attitude when it comes to the weather.

Health Focus

HOW YOUR FEET MEET THE GROUND

Do you see uneven wear on the inside or outside of your running shoe? Your feet might be rolling inward (pronating) or outward (supinating) as they hit the ground. This can lead to foot pain and possible injury. Ask a podiatrist or running-shoe expert for help when selecting proper shoes. Experts say that your shoe's sole should wear evenly throughout the ball (front portion) of your shoe with slight wear on the outer base (heel portion). Some people benefit from seeing a podiatrist for custom orthotics (inserts placed in your shoes).

Source: American College of Sports Medicine

D&I Focus

“Human diversity makes tolerance more than a virtue; it makes it a requirement for survival.” - Rene Dubos (French Scientist)

National Fruitcake Day	December 27
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 28, 2014

Off the Job Safety

Off-the-job safety should really be second nature if you practice it in earnest at work. So keep an eye out for hazards whether you're on the golf course, in your boat or driving your snowmobile. National statistics show that accidents away from work account for 70 percent of all deaths and 55 percent of all injuries to workers. So the toll in suffering and the loss in manpower runs high away from the job.

Health Focus

COLORFUL (AND HEALTHY) PIZZA

The next time you order or make a pizza, hold the sausage and pepperoni. Try sliced mushrooms, fresh basil, spinach, broccoli, and/or any favorite veggies. Opting for veggie pizza instead of supreme pizza can save you about 70 calories and 5 grams of fat per slice!

D&I Focus

“That all who wander down the pike in cart or car, on foot or bike, or male or female, young or old, are much alike -- are much alike.” - Alice Duer Miller

Card Playing Day	December 28
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 29, 2014

Share the Road

Sharing the road with other drivers is all part of safe travel. That means letting other drivers pass, turn and change lanes. If another driver is hogging the road or cutting in front of you – let him/her! It is never worth putting yourself in danger just to prove a point. Being a courteous driver means giving the other driver lots of room to maneuver, and lots of time to both make and correct mistakes. That is one of the reasons to keep at least a two-second following distance between yourself and the vehicle in front of you.

Health Focus

“IMAGINE” YOUR WAY TO REDUCED HOLIDAY STRESS

When you feel holiday stress building, use guided imagery to help you unwind. Find a quiet, comfortable place to sit, then close your eyes and take several deep, slow breaths. Next, “go” to a place you love, where you feel calm, relaxed and happy, such as a sunny beach, a beautiful meadow, or a quiet mountaintop. Imagine you are there and experience the scene to its fullest—see, touch, feel, smell and listen to your surroundings. Do this for 5 to 10 minutes.

D&I Focus

“Sport in general – and football in particular – is the driving engine of any integration and social inclusion.” - Albert Frieder

Pepper Pot Day	December 29
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 30, 2014

Take Safety Home

You wouldn't think of working without eye protection where it's required on the job. So why go without it in your workshop? You wouldn't use damaged or worn tools at work. So why use a mushroomed headed chisel or a taped-up hammer at home? Why only use STAR (Stop,Think,Act,Review) at work?

Health Focus

MALL SNACKING

Do you ever get that “need-something-NOW” feeling in your stomach while shopping at the mall? Before you head to the mall, make sure you’re not already hungry. Eat or pack a few healthy snacks such as fresh fruit, low-fat cheese sticks, a nutrition bar or a single serving pack of nuts. If you do get hungry and are empty-handed, many malls stock healthy options such as fresh fruit cups, yogurt and plain soft pretzels. Sit down, relax and savor your food. Snacking mindlessly while walking through the mall can lead to consuming extra calories without realizing it.

Source: Academy of Nutrition & Dietetics

D&I Focus

Never do things others can do and will do, if there are things others cannot do or will not do.- Amelia Earhart

National Bicarbonate of Soda Day	December 30
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts

December 31, 2014

Safe Driving

It is time for a new year. Many of us will attend gatherings to bring in the New Year. Be extra cautious by staying alert and expecting the unexpected. Watch out for and anticipate other drivers, pedestrians or children on or near the road. Safe drivers scan constantly for hazards, predicting how they may be affected by a hazard and pre-determining how to avoid or reduce them. Do not drink and drive. Stay alert for drunk drivers and pedestrians.

HAPPY NEW YEAR!

Health Focus

NUTS ANYBODY?

Looking for a great source of monounsaturated fats, the type known to help protect against heart disease? Go nuts! Most nuts, including peanuts, pecans, walnuts and almonds, boast high amounts of this heart-healthy fat, as well as other important nutrients. Nuts are very calorie dense, so keep your portion small - about 28 peanuts, 20 pecan halves, 23 almonds and 14 walnut halves or a small palm full. They're healthy, but don't go completely nuts.

Source: ChooseMyPlate.gov

D&I Focus

Peace on Earth and Goodwill toward all. Goodbye 2014.

New Year's Eve	December 31
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Safety Principle: Off the Job Safety is an Important Part of Overall Safety Efforts