

# All Injuries Are Preventable

## January 2016

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# Daily Safety and Health Topics

January 2016

All Injuries Are Preventable



**January 1, 2016**

## **Safety Focus**

### **ACCIDENT PREVENTION**

Why is it so important to prevent accidents? Of course, there are many reasons that a company wants its employees to work safely. However, everyone must have a more important reason to work safely than just because the company says to. They must have a personal reason. Your reason may be your family. What would they do if you were to get hurt? How about your hobbies? Would you still be able to enjoy them with a serious disability? Think consequences versus likelihood

## **Health Tip of the Day**

### **MAKE A DIFFERENCE IN YOUR HEALTH**

- **Exercise** - Convenient and fun physical activity helps control your blood sugar, cholesterol, blood pressure, body weight and improve your sleep.
- **Eat Well** – Balanced meals are the prescription for a fit brain, healthy heart, weight control and healthy bones.
- **Stay Safe** – Always buckle up! Use the proper safety gear for sports, chores and hobbies.

*Source: Nova Wellness*

## **D&I Focus**

Every man should be born again on the first day of January. Start with a fresh page. Take up one hole more in the buckle if necessary, or let down one, according to circumstances; but on the first of January let every man gird himself. *Henry Ward Beecher, US Congregational minister, 1813-1887*

**Today is ... New Year's Day**

**January 2, 2016**

## **Safety Focus**

### **ACCIDENT PREVENTION**

A safety program is designed to help you reach your goals. It is not there just to make your work harder, or slower, or to meet some governmental guidelines. Safety and accident prevention programs are designed to PROTECT YOU so that you may reach your personal goals. When an unsafe act is pointed out to you, it is done to help you by eliminating obstacles or job hindrances AND to insure that you get home all in one piece.

## **Health Tip of the Day**

### **REACHING YOUR GOALS**

Achieving your health goals is the key to a long and strong life. Positive habits can help you avoid many chronic conditions or control any that you may already have, such as high blood pressure or unhealthy cholesterol.

*Source: American Heart Association*

## **D&I Focus**

Equality consists in the same treatment of similar persons. *Aristotle*

**Today is ... Run it up the flagpole and see if anyone salutes day**

**January 3, 2016**

## **Safety Focus**

### **ACCIDENT PREVENTION**

Every time you approach a project, every time you pick up a tool, every time you start a piece of equipment or machinery, think SAFETY. Look for what can go wrong and eliminate that possibility BEFORE your goals come to an abrupt end. Always use your Human Performance tools.

## **Health Tip of the Day**

### **RETHINKING DRINKING**

If you choose to drink alcohol, it's important to be aware of its lasting effects. Even if you stop drinking and try to sober up before getting behind the wheel, alcohol continues to enter the bloodstream, making it unsafe to drive. Stay safe and do not underestimate the effects of alcohol. Know what constitutes a standard drink and make sure to pace yourself by alternating nonalcoholic drinks. Most importantly, designate a driver who has not consumed any alcohol.

*Source: Centers for Disease Control and Prevention*

## **D&I Focus**

To live anywhere in the world today and be against equality because of race or color, is like living in Alaska and being against snow. *William Faulkner*

**Today is ... Festival of Sleep Day**

**January 4, 2016**

## **Safety Focus**

### **WORKING TOGETHER**

By cooperation or working together with your company, a win-win situation is created that benefits everyone involved. The most obvious benefit is a safer and more productive work place.

## **Health Tip of the Day**

### **A TIME FOR FOOD AND FAMILY**

Family meals are sometimes overwhelming. Try making a meal plan for the month and make your grocery list to ensure you have all the right ingredients. Take time to enjoy the mealtime conversations with your family as well as the food. Also, try to take time for a little physical activity sometime in your day.

*Source: HealthFitness*

## **D&I Focus**

Just don't give up on trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong. *Ella Fitzgerald*

**Today is ... World Braille Day**

**January 5, 2016**

## **Safety Focus**

### **SLIPS, TRIPS, AND FALLS**

Slips, trips, and falls cause numerous injuries every day. However, they are among the easiest hazards to correct. Take the time to look around your worksite for these hazards and work to prevent them. Take care not to cause any slip, trip, or fall hazards as you go about your daily activities. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer. Use STAR and keep a strong Questioning Attitude.

## **Health Tip of the Day**

### **CREATIVE LEFTOVERS**

Leftover turkey is great for making sandwiches, casseroles and salads. Enjoy, but be sure to practice food safety with leftovers. Eat refrigerated leftovers within three to four days. Leftovers should also be stored in the refrigerator within two hours after cooking is completed. Bacteria that cause food poisoning can multiply quickly in perishable foods left at room temperature for longer than two hours.

*Source: U.S. Department of Health and Human Services*

## **D&I Focus**

The quality of a leader is reflected in the standards they set for themselves. *Ray Kroc*

**Today is ... Guru Gobindh Singh Birthday**

**January 6, 2016**

## **Safety Focus**

### **PREVENTING SLIPS**

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip. Ice, oil, water, cleaning fluids, and other slippery substances are probably the most obvious causes. To prevent slips, avoid walking in areas, which pose slipping hazards if possible. Always promptly clean up spills of slippery substances. Better yet, prevent the spills in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it. If flooring is a problem, replace it or coat it with a non-slip surfacing material.

## **Health Tip of the Day**

### **SO YOU THINK YOU CAN DANCE?**

The popularity of reality television shows such as "So You Think You Can Dance?" and "Dancing with the Stars" seems to have fun dance classes popping up everywhere. Whether you want to practice ballroom, hip hop, tap, ballet, belly dancing or even the hula hoop, any of these dance techniques can leave you feeling more energized and looking fit and toned. Check out dance studios near you for information about classes.

*Source: American Council on Exercise*

## **D&I Focus**

Don't watch the clock; do what it does. Keep going. *Sam Levenson*

**Today is ... Epiphany**



**January 7, 2016**

## **Safety Focus**

### **PREVENTING TRIPS**

Trips occur when a person's foot contacts an object and they are thrown off balance. Anytime something is in a walkway it could cause someone to trip. Another culprit is an object, which projects into the walkway--perhaps material stored low on a shelf. Poor lighting and uneven walking surfaces also cause tripping. Keep objects that could cause someone to trip out of the way. Repair uneven flooring and install proper lighting if required.

## **Health Tip of the Day**

### **EATING OUT HEALTHFULLY**

Americans eat out approximately five times a week. This can affect both our health and our wallets. It's been estimated that people spend half of their food dollars eating out. Experts also link eating out with obesity, diabetes and heart disease. When dining out, consider trying one of these healthy eating tips: share an entrée or eat half and take the rest home; ask for a side of steamed veggies with your order; split your dessert; choose water or unsweetened tea instead of soda; skip the chips and salsa or bread and butter before your meal; and eat slowly.

*Source: United States Healthful Food Council*

## **D&I Focus**

With the new day comes new strength and new thoughts. *Eleanor Roosevelt*

**Today is ... Orthodox Christmas Day**

**January 8, 2016**

## **Safety Focus**

### **PREVENTING FALLS**

Overconfidence and improper use of ladders and scaffolding can result in a fall—usually a very serious one. Falls also happen when people climb objects without using fall protection equipment. Don't risk serious injury by taking shortcuts. If you are working on a ladder, scaffold, or other elevated platform, make sure you know the requirements for using them safely. Always use fall protection equipment when it is required.

## **Health Tip of the Day**

### **STAY SAFE ON THE ROAD**

Use these tips to keep your travels safe: 1) Make sure your vehicle is tuned up; 2) Use seat belts and car safety seats; 3) Be flexible with your travel time; 4) Stay fresh and alert when driving; 5) Slow down; 6) Keep your eyes on the road and avoid distractions (such as texting); and 7) If there will be drinking, choose a designated driver.

*Source: Iowa Department of Transportation*

## **D&I Focus**

You are never too old to set another goal or to dream a new dream. *C.S. Lewis*

**Today is ... Bubble Bath Day**

**January 9, 2016**

## **Safety Focus**

### **HELPING COWORKERS**

If you have learned the safety know-how of your job and learned it well it will be easy for you to catch anything some other fellow does that isn't as safe as it should be. If you see it and don't say anything and he gets hurt, aren't you partly to blame? Think it over. Don't fall victim to peer pressure.

## **Health Tip of the Day**

### **FOOD SAFETY FOR SLOW COOKERS**

Slow cookers offer a great way to prepare a tasty meal with very little effort. The heat from the slow cooker and the steam created within it work together to cook foods safely at lower temperatures, usually between 170 and 280 degrees Fahrenheit. When using a slow cooker, thaw meats and poultry ahead of time, since frozen meats take longer to cook. Be sure the slow cooker is plugged in, turned to the right setting, and that the lid is securely in place. Once the food is done cooking, it will stay safe as long as the slow cooker is plugged in and turned on.

*Source: HealthFitness Dietician*

## **D&I Focus**

Start where you are. Use what you have. Do what you can. *Arthur Ashe*

**Today is ... National Static Electricity Day**

**January 10, 2016**

## **Safety Focus**

### **HELPING COWORKERS**

Keeping an eye out for the other fellow's safety can help you too . . . a lot, sometimes. We all make mistakes. We slip up occasionally. After all, we're only human. But if each of us is keeping the other fellow's safety in mind, and he is doing the same for us, he's likely to catch our slips or at least the serious ones. You help him or her, he or she helps you. One hand washes the other.

## **Health Tip of the Day**

### **LIGHTEN UP THE MENU**

There are many things you can do with your traditional recipes to reduce fat and calories. Making small changes and using healthier ingredients can make all the difference! To lighten up your daily meals, try the following: for dips, sauces and pie toppings, use non-fat yogurt, fat-free sour cream, or non-fat whipped topping; try egg substitutes in place of whole eggs; top casseroles with almonds instead of fried onion rings; and use low-sodium, fat-free chicken broth in mashed potatoes.

*Source: HealthFitness*

## **D&I Focus**

Either move or be moved. *Ezra Pound*

**Today is ... Houseplant Appreciation Day**

**January 11, 2016**

**Safety Focus**

**RESPONSIBILITY**

Safety responsibility has to be the responsibility of each and every one of us. No one man or department can constantly watch, guide or instruct every operation that is going on throughout a company each day.

**Health Tip of the Day**

**HEALTHY KIDS**

Keeping children active can help them control their weight, build endurance and help them develop a positive self-image. Especially for younger children, the focus should be on activities that are fun and involve play. Try making fitness a family activity so everyone can benefit. Walks in the park and a family bike ride or hike are fun ways to spend time together and keep everyone active.

*Source: National Institutes of Health*

**D&I Focus**

Be kind whenever possible. It is always possible. *Dalai Lama*

**Today is ... Step in a Puddle and Splash Your Friends Day**

**January 12, 2016**

## **Safety Focus**

### **THINK SAFETY**

Every time you approach a project, every time you pick up a tool, every time you start a piece of equipment or machinery, think SAFETY and use your Human Performance tools. Look for what can go wrong and eliminate that possibility BEFORE your goals come to an abrupt end.

## **Health Tip of the Day**

### **PREVENTING SPRAINS AND STRAINS**

To help ward off these soft-tissue injuries, make sure clothing fits loosely and comfortably, and shoes are in good shape. Always use protective gear. Create a balanced exercise regimen that incorporates different types of activity. Always warm up before a workout and cool down afterward. Drink plenty of water before, during and after exercise. Exercise for at least 30 minutes each day. But take a day off when you're tired or sore.

*Source: American Academy of Orthopedic Surgeons*

## **D&I Focus**

Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness. *Oprah Winfrey*

**Today is ... National Pharmacist Day**

**January 13, 2016**

## **Safety Focus**

### **ATTITUDE**

Attitude affects behavior. If you have a positive attitude, odds are you will exhibit safe behavior. A negative attitude, especially towards safety efforts, can quickly lead to conflict, stress and accidents. Keep a positive and Questioning Attitude on all task.

## **Health Tip of the Day**

### **BE POSITIVE**

Self-image is important because how we think about ourselves affects how we feel about ourselves and how we interact with others and the world around us. A positive self-image can enhance our physical, mental, social, emotional, and spiritual well-being. Conversely, a negative self-image can decrease our satisfaction and ability to function in these areas.

*Source: Cleveland Clinic*

## **D&I Focus**

We are a nation of communities...a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky. *George H.W. Bush*

**Today is ... Steven Foster Memorial Day**

**January 14, 2016**

## **Safety Focus**

### **WINTER DRIVING**

Failing to allow yourself enough time to stop is a major cause of winter driving accidents. During slippery conditions, stopping distances can triple. Driving at a slower speed, anticipating stops at traffic lights and intersections, and applying brakes sooner than normal will help ensure accident-free stops. When braking, brake carefully with short, rapid application of the brakes. Always allow plenty of extra space between you and other vehicles to minimize the need for quick stops. Don't fall into the Physical Environment trap.

## **Health Tip of the Day**

### **DON'T FORGET YOUR WORK OUT WHILE TRAVELING**

If you are traveling, be sure to pack your walking or running shoes and plan a few workouts. Even when you are at home and find it hard to fit your workout into your schedule, plan on squeezing in an early morning workout before the day gets too hectic. You will feel better for the rest of the day.

*Source: HealthFitness*

## **D&I Focus**

Our workforce and our entire economy are strongest when we embrace diversity to its fullest, and that means opening doors of opportunity to everyone and recognizing that the American Dream excludes no one. *Thomas Perez*

### **Today is ... Orthodox New Year**



**January 15, 2016**

## **Safety Focus**

### **WINTER DRIVING**

Accelerate slowly to avoid loss of traction and subsequent loss of control. Turn slowly, with caution, to avoid sliding into a stationary object or the path of an oncoming vehicle. Avoid sudden movements. Pass with care because passing lanes are not maintained as well as driving lanes. Again, leave extra space between yourself and other vehicles so there's room to maneuver in case something goes wrong. During a skid, steer cautiously in the direction you want the car to go.

## **Health Tip of the Day**

### **DRESSING FOR OUTDOOR WINTER EXERCISE**

Don't let colder weather keep you from being active outdoors. Dress appropriately and comfortably for cold weather exercise. Multiple layers will initially keep you warm and you can easily remove them, one at a time, as your body heats up. Consider wearing a fabric like polypropylene, wool or wool/synthetic blend closest to the body, as it will wick moisture away from the skin. Wearing a breathable, windproof and waterproof outer layer will keep you dry and comfortable. Wearing a hat prevents substantial heat loss through the head and can be easily removed.

*Source: HealthFitness*

## **D&I Focus**

Diversity: the art of thinking independently together. *Malcolm Forbes*

**Today is ... National Hat Day**

**January 16, 2016**

## **Safety Focus**

### **WINTER DRIVING**

- Always use your seatbelt.
- Turn on your headlights during adverse weather conditions. Overcast skies and falling snow limit visibility. It is important to see and be seen.
- Remember that driving in winter weather conditions causes physical and mental fatigue and reduces reaction times. Get plenty of rest and adequate nutrition. Don't drive while you're sleepy or on medication, that causes drowsiness.
- Keep a strong Questioning Attitude

## **Health Tip of the Day**

### **SOCIAL GATHERING**

Before going to a social gathering, plan ahead. Consider having a healthy snack before heading out the door to avoid arriving overly hungry. Curbing your appetite may help reduce the temptation to overdo it at the buffet table. Before filling your plate, take a good look at all of your choices and pick only those things that you will truly enjoy. Choose a balance between high-calorie favorites and lower-calorie options. Once you feel satisfied with your selections, leave the food table, eat slowly and enjoy!

*Source: HealthFitness dietitian*

## **D&I Focus**

It is time for parents to teach young people early on that in diversity there is beauty and there is strength. *Maya Angelou*

### **Today is ... National Nothing Day**

**January 17, 2016**

## **Safety Focus**

### **WINTER DRIVING**

- Like all the signs say, bridges and overpasses freeze before the roadway. Use extra caution on these.
- Prepare your vehicle well ahead of time. Check fluid levels, tire pressure, lights, and the battery. Have a mechanic give your vehicle a winter check-up and make any necessary repairs.
- Stock an emergency kit containing heavy clothes and a blanket, traction material such as sand or kitty litter, tire chains, a small shovel, first aid kit, flashlight, jumper cables, and a bright cloth to use as a flag.

## **Health Tip of the Day**

### **BEAN POWER**

Beans, also called legumes, are inexpensive and quite filling. The U.S. Dietary Guidelines recommend eating them several times each week. Red, black, pinto, or kidney beans all pack a nutritional punch. One-third cup of cooked beans has only about 80 calories, lots of complex carbohydrates, and little fat. Beans are a great source of protein, B vitamins, potassium, and fiber. Experts believe that eating beans may also help reduce blood cholesterol. Buy canned beans so you have them ready to add to salads, rice dishes, or to serve as a delicious side dish on their own.

*Source: U.S. Dietary Guidelines; American Heart Association*

## **D&I Focus**

The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people. *Martin Luther King, Jr.*

**Today is ... World Religion Day (Baha'i)**

**January 18, 2016**

## **Safety Focus**

### **DRESS APPROPRIATELY**

Preserving an air space between the body and the outer layer of clothing will help retain body heat. Choose fabrics such as cotton or wool, which insulate but also allow sweat to evaporate. It is especially important to protect the feet, hands, head, and face. These parts of the body are farthest from the heart and are the hardest to keep warm. Almost half your body heat can be lost through the head, so cover it up as well.

## **Health Tip of the Day**

### **VEGGIE CHALLENGE**

Challenge yourself to eat more veggies. To get started, include a serving of vegetables with lunch at least three days this week. Options may include a salad, vegetable-based soup, tomato juice, a side of raw or steamed veggies, or sliced peppers and cucumbers in addition to lettuce and tomato on a sandwich. Vegetables are low in calories and packed with fiber, vitamins, minerals and disease-fighting natural compounds.

*Source: Produce For Better Health Foundation*

## **D&I Focus**

I think it better to do right, even if we suffer in so doing, than to incur the reproach of our consciences and posterity. *Robert E. Lee*

**Today is ... Martin Luther King Jr. Birthday observed**

**January 19, 2016**

## **Safety Focus**

### **KEEP DRY**

Wetness greatly increases the chance of hypothermia. Always have extra clothing available if there's a chance you could get wet. Keep your feet dry, they are very susceptible to frostbite. Ask for peer checks.

## **Health Tip of the Day**

### **SAFE TOYS**

Choose safe toys for your children. Look for labels that give age recommendations and use that information as a guide. Toys should be developmentally appropriate to suit the skills, abilities and interests of the child. For information on toy recalls, visit the U.S. Consumer Product Safety Commission at [www.saferproducts.gov](http://www.saferproducts.gov).

*Source: Consumer Product Safety Commission*

## **D&I Focus**

There are so many things to talk about between black people, Hispanic people, white people, gay people, men, women; it's all based on fear. We all have fears, this thing that stops us from embracing as we are one. *Marlon Wayans*

**Today is ... Robert E. Lee's Birthday**

**January 20, 2016**

## **Safety Focus**

### **TAKE A BREAK**

You may think it's wise to keep on working in cold temperatures. After all, working makes you break a sweat and you feel warmer. However, if you become fatigued during physical activity, your body loses its ability to properly retain heat. This causes rapid cooling which can quickly lead to hypothermia. When you take a break, be sure to replace lost fluids and calories by drinking warm, sweet, caffeine-free nonalcoholic drinks and soup.

## **Health Tip of the Day**

### **FINDING TIME FOR EXERCISE**

Caring for kids or preparing meals can interfere with finding time for exercise. Include your kids in your exercise routine. Take a walk, hit the playground, dance, do aerobics or play tag. Use home gym equipment, such as a stationary bike or tread mill.

*Source: U.S. Centers for Disease Control and Prevention*

## **D&I Focus**

Sometimes if you want to see a change for the better, you have to take things into your own hands. *Clint Eastwood*

**Today is ... LGBT/A Affinity Group Organizational Meeting**

**January 21, 2016**

## **Safety Focus**

### **EAT RIGHT**

A proper diet provides your body with the nutrients it needs to withstand hypothermia. A restrictive diet may deprive your body the ability to work well in cold temperatures.

## **Health Tip of the Day**

### **CHOOSING HEALTHY SNACKS**

Healthy snacking may help keep hunger at bay and boost your energy between meals. Smart snacking can also prevent overeating at mealtimes and balance out your nutrition throughout the day. Opt for healthy snacks such as fruits, veggies, low-fat or nonfat yogurt, a handful of nuts, or several cups of air-popped popcorn.

*Source: Academy of Nutrition and Dietetics*

## **D&I Focus**

What we think, we become. *Buddha*

**Today is ... National Hugging Day**

**January 22, 2016**

## **Safety Focus**

### **COLD STRESS**

The effects of cold stress may not be apparent to its victim. The first symptoms of hypothermia are uncontrollable shivering and the sensation of cold. The heartbeat slows and may become irregular, and the pulse weakens. As the condition worsens, severe shaking or rigid muscles may be evident. The victim may also have slurred speech, memory lapses, and drowsiness. Cool skin, slow, irregular breathing, and exhaustion occur as the body temperature drops even lower. This is a serious condition requiring immediate medical attention. Peer Check is a critical tool for prevention of cold stress.

## **Health Tip of the Day**

### **CONSIDERING GROUP EXERCISE?**

If group exercise classes are new to you, take it slow. Jumping into an intermediate or advanced class too quickly can be physically challenging and even a bit discouraging. It is a good idea to start with an introductory class. Arrive early and tell the instructor you are a beginner. Your instructor can provide special guidance and answer any questions you have. Then, pace yourself, enjoy the group environment and have fun!

*Source: HealthFitness*

## **D&I Focus**

We're all working together. That's the secret. *Sam Walton*

**Today is ... National Blonde Brownie Day**



**January 23, 2016**

## **Safety Focus**

### **IMPULSIVITY**

Impulsivity means a person does not stop to think about the consequences of not wearing PPE or following safety procedures. Impulsivity is the reason Wal-Mart has all that candy in the checkout line. It is easy to grab a candy bar without thinking, and at work, it may be easy to act automatically without considering what might happen as a result.

To keep impulsivity in check, slow down and consider your moves ahead of time. Think about what will happen when you do something. Quick decisions in a hazardous workplace will have a personal cost to you and your family.

## **Health Tip of the Day**

### **HEALTHY BREAKFAST BURRITO**

Breakfast: don't leave home without it! Try a healthy version of a breakfast burrito for a delicious low-fat, high-fiber, nutrient-rich meal. Stuff an 8-inch whole-wheat flour tortilla with 1/2 cup egg substitute, 1 ounce reduced-fat cheese, 2 tablespoons salsa, and 1 cup sautéed chopped vegetables. Consider the following veggie choices: green peppers, tomatoes, onions, chopped spinach, mushrooms and red pepper. In a hurry? You can even take it to go!

*Source: HealthFitness Dietitian*

## **D&I Focus**

An organization, no matter how well designed, is only as good as the people who live and work in it. *Dee Hock*

**Today is ... National Pie Day**

**January 24, 2016**

## **Safety Focus**

### **ATTITUDE**

As employees we often neglect safety rules because we are in a hurry, figure accidents always happen to someone else or are resentful towards our supervisors. Every time we engage in unsafe acts, we are betting that an accident will not occur. Is health and possibly life itself worth such a bet?

## **Health Tip of the Day**

### **HEALTHY EATING WITH A HEALTHIER ATTITUDE**

Enjoy your food, but make your choices wisely. Consider dishes such as green salad with unsalted nuts, whole-grain crackers and hummus as an appetizer, and use low-fat milk as a substitute for more fattening options. Create a fresh fruit and yogurt parfait for dessert.

*Source: United States Department of Agriculture*

## **D&I Focus**

People who think they know everything are a great annoyance to those of us who do. *Isaac Asimov*

**Today is ... Mahayana New Year (through 1/27)**

**January 25, 2016**

## **Safety Focus**

### **NEAR MISSES**

Many times, the difference between a near miss and an accident is just a fraction of a second in timing or a fraction of an inch in distance. Next time, the difference may not be there.

Near misses are warnings of accidents in the making. If we accept the warnings and look for the causes, we may be able to prevent similar situations from developing.

## **Health Tip of the Day**

### **OBESITY AND ARTHRITIS**

Osteoarthritis is the most common type of arthritis, usually affecting joints in your hands, knees, hips and spine. Although there is currently no cure for osteoarthritis, a healthy lifestyle, such as staying active and maintaining a healthy weight, can help improve pain and joint function. Exercise also helps improve range of motion and strength. Water exercise is ideal for those with arthritis because it is gentle on joints and muscles. High-impact activities such as running should be avoided.

*Source: Obesity Action Coalition*

## **D&I Focus**

Always remember that you are absolutely unique. Just like everyone else. *Margaret Mead*

**Today is ... Tu Bishvat/Tu B'Shevat**

**January 26, 2016**

## **Safety Focus**

### **WHAT IS COACHING?**

Coaching is the act of observing and engaging individual behaviors, either directly or through other performance indications, and positively reinforcing desired behaviors and immediately correcting behaviors that do not meet expectations.

## **Health Tip of the Day**

### **FLU SHOT MISCONCEPTIONS**

Can a flu shot give you the flu? No, according to the Centers for Disease Control and Prevention. Flu shots are made with viruses that are inactivated and some are not made with viruses at all. The nasal spray vaccine is made with weakened viruses which are also unable to cause flu illness. In adults, the most common side effect of seasonal flu shots is soreness in the arm where the shot was given, and this usually lasts fewer than two days. For more information about the flu shot, visit [www.flu.gov](http://www.flu.gov).

*Source: Centers for Disease Control and Prevention*

## **D&I Focus**

Success is not final; failure is not fatal; it is the courage to continue that counts.

*Winston Churchill*

### **Today is ... Spouse's Day**

**January 27, 2016**

## **Safety Focus**

### **WHY IS COACHING IMPORTANT?**

Coaching is a proactive means of improving human performance and preventing events. Coaching is most effective when it is regular and heavily weighted with positive reinforcement of the desired behaviors. To be effective, coaches must be very knowledgeable of the desired behaviors and able to identify subtle flaws in the implementation of Human Performance Tools. Identifying and correcting these subtleties ensures the tools will work when the workforce is challenged by Latent Organizational Weaknesses (LOWs), flawed defenses or error-likely situations.

## **Health Tip of the Day**

### **THE SPIRIT OF GIVING**

Did you know that there are potential health benefits linked to giving? Giving activates regions of the brain that are associated with pleasure, social connection, and trust. It may also evoke gratitude which leads to happiness. Whether you choose to give a gift, donate to a charitable organization, or give your time through volunteering, you may find that you experience just as many benefits as the recipient of your gift, if not more!

*Source: Cleveland Clinic; Corporation for National & Community Service*

## **D&I Focus**

Human cultural diversity is vast; the range of cultural practices, beliefs and languages that we speak is vast. *Mark Pagel*

**Today is ... Chocolate Cake Day**

**January 28, 2016**

## **Safety Focus**

### **WHEN TO COACH**

Coaching can be effective at any time and should be performed whenever the opportunity presents itself, especially when we see something done well. Effective coaching can occur even if work has not been directly observed by the coach.

Examples would include the following:

- Inappropriate behaviors as indicated by a documented error, such an injury caused by error, quality reports, departmental quarterly focus reviews, etc.
- General coaching of new or weak performance

## **Health Tip of the Day**

### **REWARD YOUR SELF FOR REACHING YOUR FITNESS GOAL**

Attaining a fitness goal is a milestone, and you should reward yourself for a job well done.

- Buying yourself new clothes.
- Splurging for concert tickets.
- Going on a vacation.
- Treating yourself to a spa day.

*Source: American Heart Association*

## **D&I Focus**

Motivation is the art of getting people to do what you want them to do because they want to do it. *Dwight D. Eisenhower*

**Today is ... Fun at Work Day**

**January 29, 2016**

## **Safety Focus**

### **WHO SHOULD COACH?**

Everyone is expected to coach the desired human performance behaviors. No employee should walk past an unsafe practice or behavior. Every member of the team is expected to coach each other to improve performance. While management has the responsibility for coaching the desired behaviors, peer-to-peer coaching has been shown to be an effective coaching tool. Coaching one another to more consistent and effective performance simply improves team performance.

## **Health Tip of the Day**

### **STAY HEALTHY WITH GOOD ORAL HEALTH**

Did you know that preventing periodontitis (the advanced form of gum disease that can cause tooth loss) is not only important for your oral health, but can also be an important step in maintaining overall health? Researchers have found that periodontitis can be associated with other health problems such as cardiovascular disease, stroke and bacterial pneumonia. In most cases, good oral health can be maintained with healthy eating habits, daily brushing and flossing, and regular dental visits.

*Source: American Dental Association*

## **D&I Focus**

What everyone in the astronaut corps shares in common is not gender or ethnic background, but motivation, perseverance, and desire – the desire to participate in a voyage of discovery. *Ellen Ochoa*

**Today is ... National Puzzle Day**

**January 30, 2016**

## **Safety Focus**

### **MACHO**

Macho is evidenced when a person thinks he/she is too tough to get hurt. This condition is the result of low self-esteem and, contrary to popular belief, is not limited to men. Sitting in the back of the room at a safety meeting with sunglasses on and arms crossed, this macho worker is using body language to show everyone else he/she is too good to learn anything. Macho workers get hurt because their attitude is a barrier to learning. In addition, they cause other problems. Many young workers may follow suit and enter the workforce without the information they need to stay safe. Overconfidence and Macho go hand and hand.

## **Health Tip of the Day**

### **ACNE IN ADULTS**

According to the American Academy of Dermatology, even adults in their 40s and 50s can develop acne. It appears when pores in the skin become clogged with oils and dead skin cells. Sometimes these clogged pores can also become infected from the bacteria on the skin, which may cause cysts or nodules. Acne is treatable but there is no overnight cure. See your dermatologist to confirm the diagnosis and begin successful treatment.

*Source: American Academy of Dermatology*

## **D&I Focus**

The most important thing is to enjoy your life – to be happy – it's all that matters.

*Audrey Hepburn*

**Today is ... National Inane Answering Message Day**



**January 31, 2016**

## **Safety Focus**

### **INVULNERABILITY**

You never think it can happen to you, do you? It is difficult for any of us to think about ourselves or someone we love being seriously injured. Sadly, many people understand their personal vulnerability only after an injury to themselves or someone close to them.

We have to also believe and know that an injury can occur to a co-worker or us in a split second. Understand the limits to your body and protect yourself by following safety procedures and wearing proper gear.

## **Health Tip of the Day**

### **FIND TIME TO STRETCH**

Stretching is an essential part of a fitness plan, but sometimes it can be tough to find the time. Stretch at least three days per week for at least 30 minutes. If that isn't possible, squeeze in five minutes of stretching after each workout. Take a class that involves stretching, such as lessons for yoga or tai chi.

*Source: American Council on Exercise*

## **D&I Focus**

The time is always right to do what is right. *Martin Luther King, Jr.*

**Today is ... Inspire your Heart with Art Day**