

Hazard Recognition: Recreation Safety
Safety Principle #6: Safety is Good Business

Hazard Recognition: Recreation Safety

June 2017

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Daily Safety and Health Topics

June 2017

Hazard Recognition:

Recreation Safety

Entergy's 12 Safety Principles

1. All injuries are preventable
2. People are the most critical element
3. All Employees are responsible for safety
4. All operating exposures can be controlled
5. Management is responsible for establishing a safe work environment and clear expectations for safety performance
6. Safety is good business
7. Management must audit performance
8. Our work is never so urgent or important that we cannot take time to do it safely
9. Deficiencies must be corrected promptly
10. Employees must be trained to safely perform all assigned tasks and accountable for applying these skills on the job
11. Safety is a condition of employment
12. Off the job safety is an important part of overall safety efforts



June 1, 2017

Safety Focus

PRACTICE WHAT “I” PREACH

We preach and we practice safety at work day in and day out. We also expect everyone around us to “practice what they preach”. Why? Somewhere in our answer is the idea that ‘safety is good business’. Now answer this question: How much effort do I put into safety during recreational activities? Why?

Health Tip of the Day

FRUIT CUBES

Here's a great way to freshen up your drink and add important nutrients: Fill ice cube trays with a clear 100% juice, such as white grape juice or apple juice. Add fresh berries such as blueberries, sliced strawberries or raspberries. Freeze. Use fruit cubes in sparkling water, seltzer or iced tea. Source: HealthFitness

Org Health & Diversity Focus

IT’S JUNE PRIDE MONTH!

This month of June we are celebrating LGBT Pride Month! It is celebrated with annual month-long observances of lesbian, gay, bisexual and transgender history and to kick this off, please check out the selected video “[Jennifer Brown: Finding Your Voice in the Workplace](#)” from the [OH&D video library](#), our PowerPoint presentation “Multi-Dimensional Identities”.

Human Performance Focus

SELF-CHECKING

What HU tools do you find yourself using more often than not? Engrain in your self-checking mental thought that HU can be used for safety and for all other tasks that you are attempting to do. (Examples: traveling, refereeing or umpiring ball games, scheduling practice sessions)

June 2, 2017

Safety Focus

LIVE SAFE

Many times people say “I do not like to take work home.” We work in an industry where we should take part of our work to the house. What should we take home? ...our knowledge, skills and training in safety and human performance. What does Live Safe mean to you?

Health Tip of the Day

FIND AN EXERCISE BUDDY

Looking for someone who shares your workout enthusiasm? Check out the notice boards at your local gym or internal social media sites at work. Some employers also have recreational teams or clubs that bring together people who enjoy the same sport or activity. Another way to meet fellow exercisers is to participate in a fun run, charity walk, or cycling event. Or, join a local league, such as bowling or golf.
Source: HealthFitness

Org Health & Diversity Focus

IT'S JUNE PRIDE MONTH!

PRIDE is about owning who we are and valuing the diversity that is humanity in all its varied presentations. - *Tom Guest, Senior Chief Hospital Corpsman, USS BATAAN (LHD-5)*

Human Performance Focus

TURNOVER

Ensure there is clarity and effective communication when the exchanges of job duties are necessary. Instructions should be repeated as stated for clarity.

June 3, 2017

Safety Focus

RECREATION IS IMPORTANT

Many of us have proudly stated, “I work safely so that I can go home to my family every day and so that I can do the things I enjoy doing.” Do we also say, “I will do the things I enjoy doing safely so that I can get home to my family.”? Hmmm...

Health Tip of the Day

WASHING FRUITS FOR SAFETY

Most of us don't eat the skin on oranges, melons, kiwi and many other fruits. But, our registered dietitian recommends washing them anyway. Bacteria and chemicals on the outside may contaminate the fruit as it is sliced. Rinse thoroughly before eating. For more information on keeping your food safe to eat, visit www.foodsafety.gov.
Source: U.S. Department of Health & Human Services

Org Health & Diversity Focus

IT'S JUNE PRIDE MONTH!

No culture can live, if it attempts to be exclusive. - *Mohandas K. Gandhi*

Human Performance Focus

QUESTIONING ATTITUDE

Recreational time is an enjoyable gift we all have. Let's always take the time to question ourselves when doing recreational activities. Am I hydrated enough to do these activities is an effective way to validate your readiness for the heat.

June 4, 2017

Safety Focus

DO I HAVE ALL OF MY PPE?

Before we begin a task at work we self-check to ensure we have our PPE (personal protective equipment) to complete the job. Do you carry a bag of PPE to the beach, i.e. sunblock, a hat, shades, etc.? What about in the fishing boat?

Health Tip of the Day

5 TIPS TO HELP IMPROVE YOUR FAMILY'S WELLNESS

1. Cook with your kids
2. Family night
3. Hold regular family meetings
4. Open those scrapbooks & photo albums
5. Volunteer together

Source: <http://www.kaplanuniversity.edu/public-service/articles/family-wellness.aspx>

Org Health & Diversity Focus

IT'S JUNE PRIDE MONTH!

“It takes no compromise to give people their rights...it takes no money to respect the individual. It takes no political deal to give people freedom. It takes no survey to remove repression.” —*Harvey Milk*

Human Performance Focus

OVERCONFIDENCE

Going to the lake for the weekend is a recreational activity that is common for some of us. Establishing a set of procedures or do's and don'ts will keep you from becoming complacent. Incorporate all the HU tools that you have come to learn while enjoying the lake. Embed HU principals into your checklist.

June 5, 2017

Safety Focus

FUN IN THE SUN

For most of our summer fun we spend hours outdoors. When we work outdoors we exert energy. When we play outdoors we exert energy. During the summer months those of us who work outdoors utilize OSHA's heat stress chart. Do you visit the heat stress chart for your summer fun activities? Do you share that information with family and friends? Recreation safety is good business!

Health Tip of the Day

DE-STRESS AT YOUR DESK

Take a moment to try the following: take a deep, slow breath in through your nose and then out through your mouth. Repeat several times. Next, as you exhale, relax your shoulders down, away from your ears. Now, try to relax your forehead and jaw. Finally, try closing your eyes and imagining a restful place. In just a few minutes, you can release sources of muscle tension in your body. Source: HealthFitness

Org Health & Diversity Focus

IT'S JUNE PRIDE MONTH!

"I speak not for myself but for those without voice... those who have fought for their rights... their right to live in peace, their right to be treated with dignity, their right to equality of opportunity, their right to be educated." —*Malala Yousafzai*

Human Performance Focus

COACHING

Peer coaching is a critical tool that is required and is effective when it's done frequently. Effective coaching is contagious when it's applied with a team concept. Get the entire family involved with coaching.

June 6, 2017

Safety Focus

BITES AT NIGHT

Many times we decide to wait until the sun goes down to enjoy outdoor activities. That is a wise choice when it comes to avoiding heat stress risks. Do you consider the risks that come with the wait? Mosquitos perhaps? Disease carrying mosquitos? What precautionary methods do you take to prevent mosquito bites? What do you do to prepare for reactions to mosquito bites?

Health Tip of the Day

STRETCHING IN THE SUMMER

Getting out and about is a lot of fun during the summer. You have the warmth and the sun as your companion, and it can help you feel invigorated to push yourself further than normal. If you plan on going out to be active this summer, make sure you stretch your muscles first so you don't hurt yourself. Source:

<http://spinecarechiropractor.com/2016/07/26/8-super-summer-stretches/>

Org Health & Diversity Focus

“Equality is not a concept. It’s not something we should be striving for. It’s a necessity. Equality is like gravity. We need it to stand on this earth as men and women.” —*Joss Whedon*

Human Performance Focus

SITUATIONAL AWARENESS

Knowing your environment and surroundings should be at the top of your hazard assessment list. Summertime brings on increased outdoor activities. As you spend more time outside be mindful of animals, pests, terrain, pedestrians, and the physical environment.

June 7, 2017

Safety Focus

SUN AND SIP – PART 1

It's the family barbecue and the sun is sizzling! What do many people put on ice to prepare for the event? Did you know that alcohol lowers the body's tolerance for heat and acts as a diuretic—meaning it speeds up dehydration—and affects the body's ability to regulate its temperature? If fluids in the body are not replaced, dehydration can be life-threatening. Alcohol also raises the body's blood pressure, increasing the risk of a heat-related illness like hyperthermia, overheating and heat stroke. Tune in tomorrow for symptoms of dehydration.

Health Tip of the Day

HAND GELS: A GOOD ALTERNATIVE TO SOAP AND WATER?

Washing your hands with soap and water is one of the best ways to prevent colds, flus, and other infections. But, when soap and water are not available, alcohol-based hand gels that contain at least 60 percent alcohol are a good alternative. They are practical, and you can conveniently throw one in a purse, pocket or lunch bag. Rub the gel on your hands until they are dry. Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

“Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values.” —Ellen DeGeneres

Human Performance Focus

QUESTIONING ATTITUDE

Proper planning and organizing can be linked to having a questioning attitude. Consider questions such as: “What's the weather going to be like today?” “Should I hydrate tonight?” “What should be the proper attire?” “Do I have the right tools and materials for my activities?” “What plan do I have in place to mitigate traps and hazards?”

June 8, 2017

Safety Focus

SUN AND SIP – PART 2

Yesterday we learned that sipping alcohol in the heat can lead to dehydration. Here are some warning signs that someone is dehydrated:

- Dry lips and tongue
- Headache, dizziness
- Weakness
- Extreme fatigue
- Dark urine
- Nausea
- Muscle cramps

Health Tip of the Day

BAGEL PORTION SIZE

A bagel can be a quick and easy breakfast option, but size matters! For example, a small, 3-ounce bagel has about 190 calories while an average 4.5-ounce bakery-type bagel has about 360 calories. For a balanced breakfast, try a smaller portion of a whole-grain bagel, spread with a tablespoon of peanut butter. Enjoy a piece of fruit on the side. Source: USDA Nutrient Database for Standard Reference

Org Health & Diversity Focus

“For to be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.” —Nelson Mandela

Human Performance Focus

PLACE-KEEPING

Yesterday’s HU focus was on questioning attitude. Place-keeping is a tool that can be used to circle and check off the traps and hazards you identified using the questioning attitude tool. Get the family involved. Have them check-off the activity and associated plan.

June 9, 2017

Safety Focus

SUN AND SIP – PART 3

Did you know that sun exposure and heat heighten the effects of alcohol? Simple decisions, such as the right time to go inside to get out of the heat or when to drink more water can easily be overlooked.

Health Tip of the Day

IS SPOT REDUCTION POSSIBLE?

Many people have goals to slim down certain areas of their body, but is that possible? Unfortunately, no. Strength training can help tone certain muscle groups, and a good strength training program has many benefits. But losing fat from a specific area of the body is not within our control. For the best results, choose nutritious foods, and do both strength training (such as lifting weights, push-ups, etc.) and cardio exercises (such as walking, running, swimming, etc.) to achieve a healthy weight overall. Source: American Council on Exercise

Org Health & Diversity Focus

“If someone needs to express their gender in a way that is different, that is okay, and they should not be denied healthcare. They should not be bullied. They don’t deserve to be victims of violence. That’s what people need to understand, that it’s okay and that if you are uncomfortable with it, then you need to look at yourself.” —Laverne Cox

Human Performance Focus

OVERCONFIDENCE

Know your body’s limits when doing strenuous activities in the heat. The OSHA heat index mobile app is a great tool to use as a guide for doing tasks outside in the heat. Do not rely on your own confidence as your sole guide when working in extreme heat conditions.

June 10, 2017

Safety Focus

ONE MORE THING

Judgment impaired by alcohol is a leading factor in deaths associated with water recreation. The Centers for Disease Control and Prevention report alcohol use is involved in up to half of adolescent and adult deaths associated with water recreation and about one in five reported boating fatalities.

Health Tip of the Day

SPICE THINGS UP WITH HOT PEPPERS

Chili peppers are a great way to add flavor to many meals. Examples of hot peppers include Anaheim, ancho, cayenne, cascabel, habanero, jalapeno, and serrano. If you want to turn down the heat, simply remove the seeds and inner membranes before adding the peppers to your dish. But be careful to avoid burning your skin. Wear gloves or wash your hands immediately after handling them, and avoid all contact with the eyes when you're touching peppers. Source: HealthFitness Dietitian

Org Health & Diversity Focus

“I know, up on top you are seeing great sights, but down here at the bottom we, too, should have rights.” —*Dr. Seuss*

Human Performance Focus

STAR

Recreational vehicles are a great way to see and enjoy the outdoors. Knowing your vehicle and its limits is important. Utilizing STAR and pre-job brief before your trip is started can help identify flaws with your RV. Keep an updated STAR checklist in an obvious location in the vehicle as a “to do” reminder.

June 11, 2017

Safety Focus

BOATING SAFETY – TIP 1

One of the most important parts of boating safety is to use your common sense. This means operating at a safe speed at all times (especially in crowded areas), staying alert at all times and steering clear of large vessels and watercraft that can be restricted in their ability to stop or turn. Also, be respectful of buoys and other navigational aids, all of which have been placed there to ensure your own safety. (This series of boating safety tips comes from discoverboating.com)

Health Tip of the Day

EXERCISING TOGETHER MAKES YOUR FAMILY STRONGER

Fitness is often a solitary pursuit, an exercise in personal betterment undertaken when their children are with a baby sitter or playing in the kids' room at the gym. But parents who exercise with their children not only get healthier, but strengthen the family's bond, say health professionals who advocate exercise as a solution for both the nation's obesity epidemic and increasing family stability. Source:

<http://www.deseretnews.com/article/865648085/The-family-that-plays-together-How-exercising-together-makes-your-family-stronger.html>

Org Health & Diversity Focus

“We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.” —*Jimmy Carter*

Human Performance Focus

PHYSICAL ENVIRONMENT

Know the rules of the water before setting out. Do not let the trap of overconfidence slip in and you neglect your physical environment. Take a boating safety class or refresher class as a family outing.

June 12, 2017

Safety Focus

BOATING SAFETY – TIP 2

Make sure more than one person on board is familiar with all aspects of your boat's handling, operations, and general boating safety. If the primary navigator is injured or incapacitated in any way, it's important to make sure someone else can follow the proper boating safety rules to get everyone else back to shore.

Health Tip of the Day

TIME FOR A SLEEP DIARY?

Lack of sleep (or restful sleep) is a common problem for millions of Americans. Take action by keeping a sleep diary. Each morning, jot down the following: when you went to bed, when you got up; how easily you fell asleep; number of times you woke up during the night; total hours of sleep and anything that disturbed your sleep (e.g. noise, pets, thinking, stress, etc.). Also note when you consume caffeine, alcohol, food and/or medications, and when you exercised or took any naps. Source: National Sleep Foundation

Org Health & Diversity Focus

“As you grow up, always tell the truth, do no harm to others, and don't think you are the most important being on earth. Rich or poor, you then can look anyone in the eye and say, ‘I'm probably no better than you, but I'm certainly your equal.’” -*Harper Lee*

Human Performance Focus

TURNOVER

Mitigation plans should ensure everyone on board of the boat knows each other's roles. If there is a change/abnormal situation that cause a change in roles, the plan should be clearly communicated and repeated.

June 13, 2017

Safety Focus

BOATING SAFETY – TIP 3

Whether you choose to inform a family member or staff at your local marina, always be sure to let someone else know your float plan. This should include where you're going and how long you're going to be gone. A float plan can include the following information:

- name, address, and phone number of trip leader
- name and phone number of all passengers
- boat type and registration information
- trip itinerary
- types of communication and signal equipment onboard, such as an Emergency Position Indicating Radio Beacon (EPIRB) or Personal Locator Beacon (PLB)

Health Tip of the Day

THE IMPORTANCE OF STRETCHING

It's not enough to build muscle and achieve aerobic fitness. You need to think about flexibility, too. You may think of stretching as something performed only by runners or gymnasts. But we all need to stretch in order to protect our mobility and independence. "A lot of people don't understand that stretching has to happen on a regular basis. It should be daily," says David Nolan, a physical therapist at Harvard-affiliated Massachusetts General Hospital. Source: <http://www.health.harvard.edu/staying-healthy/the-importance-of-stretching>

Org Health & Diversity Focus

"The most violent element in society is ignorance." -*Emma Goldman*

Human Performance Focus

SELF-CHECKING

Recreational activities with family members should consist of plans and checklists. Designate family members to certain roles and hold them accountable using self-checking. Including children in this process gives them a sense of ownership and contribution.

June 14, 2017

Safety Focus

BOATING SAFETY – TIP 4

Did you know that the majority of drowning victims are the result of boaters not wearing their lifejackets? Make sure that your family and friends aren't part of this statistic by assigning and fitting each member of your onboard team with a life jacket prior to departure. Wear it!

Health Tip of the Day

SYMPTOMS OF CATARACTS

Do you know the symptoms of cataracts? According to the National Eye Institute, initial symptoms include blurred vision, glare, and colors that may not appear as bright to you as they once did. If you have cataracts, it may seem like you are looking through a piece of clouded glass. If you experience these symptoms, visit your eye care professional for a comprehensive eye exam. Source: National Eye Institute

Org Health & Diversity Focus

“Soon the day will come when science will win victory over error, justice a victory over injustice, and human love a victory over human hatred and ignorance.”-
Magnus Hirschfeld

Human Performance Focus

OVERCONFIDENCE

Personal flotation devices and lifejackets are PPE devices used to save lives. No matter how good a swimmer you are or how many times you have gone on the water without one on, you should not let this trap or drift from the intended purpose get you in trouble.

June 15, 2017

Safety Focus

BOATING SAFETY – TIP 5

Proper boating safety includes being prepared for any possibility on the water. Following a pre-departure checklist is the best way to make sure no boating safety rules or precautions have been overlooked or forgotten. Would you consider a JHA for your boat trip? Recreation safety is good business!

Health Tip of the Day

CALCIUM: IT'S NOT JUST FOR KIDS

All of us need adequate calcium, not just growing kids! Calcium recommendations vary depending on age and special needs. Most adults need about 1,000-1,200 milligrams of calcium each day. Eating calcium-rich foods is the best way to be sure you are getting enough. Good sources include skim or low-fat milk and yogurt, calcium-fortified orange juice, low-fat cheeses, dark-green vegetables, soybeans and tofu. Source: National Institutes of Health

Org Health & Diversity Focus

"What is straight? A line can be straight, or a street, but the human heart, oh, no, it's curved like a road through mountains."-*Tennessee Williams. Streetcar Named Desire*

Human Performance Focus

PEER CHECKING

Biking can be a fun outdoor family activity. Validating your checklist before setting out and providing coaching on the route is a great way to use peer check. Consider a brief roundtable from the group to identify comments and concerns.

June 16, 2017

Safety Focus

BOATING SAFETY – TIP 6

Practice boating safety at all times by saving the alcohol for later. The probability of being involved in a boating accident doubles when alcohol is involved and studies have shown that the effects of alcohol are exacerbated by sun and wind.

Health Tip of the Day

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. Modify your routine or stop 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

Org Health & Diversity Focus

"It is better to be hated for what one is than to be loved for what one is not." -*Andre' Gide*

Human Performance Focus

BUT I DON'T HAVE A BOAT!?

You may not have a boat – but you can still be a 'safety coach.' If asked out for a trip on the water, ask for a safety briefing. Tell them you heard about boating safety at work, but that you'll need a quick review of the safety issues: life jackets, drinking and driving, float plans, etc.

June 17, 2017

Safety Focus

BOATING SAFETY – TIP 7

Beginning boaters and experienced experts alike need to be familiar with the boating safety rules of operation. Boater education requirements vary by state; however, some require validated completion of at least one boating safety course. Regardless of your individual state's requirements, it's always important to be educated and prepared for every circumstance that might arise. You can learn boating safety rules by taking a local community course or online course to help educate yourself.

Health Tip of the Day

PREVENTING FOOD WASTE

Americans throw away about 90 billion pounds of edible food each year. The cost adds up to about \$370 per person! You can reduce food waste and its impact on your pocketbook with some easy steps. Plan ahead for meals so you buy only what you can use before it spoils. Look for ways to use leftovers within a day or two, or freeze foods when possible. Keep foods safe and store them at the proper temperature to prevent spoilage. To learn more, visit www.choosemyplate.gov and select "Food Waste" under "Popular Topics." Source: U.S. Department of Agriculture

Org Health & Diversity Focus

“Openness may not completely disarm prejudice, but it’s a good place to start.”- *Jason Collins*

Human Performance Focus

BUT I DON'T HAVE A BOAT!?! (PART DEAUX)

Suppose you ask about boating safety – and are confronted with: “What are you? A worry wart?” Respond with this: “Nope, just smart. In 2015 there were over 4,000 US boating accidents reported to the Coast Guard, with over 2,000 injuries; resulting in 626 deaths. Let’s use our brains and not become a statistic.”

June 18, 2017

Safety Focus

BOATING SAFETY – TIP 8

Take advantage of a free vessel safety check from the US Coast Guard. They offer complimentary boat examinations to verify the presence and condition of certain safety equipment required by state and federal regulations. Free of charge, they'll provide a specialist to check out your boat and make helpful boating safety tips and recommendations. They also offer virtual online safety checks as well.

Health Tip of the Day

FIVE BENEFITS OF EXERCISING AS A FAMILY

1. Family bonding
2. Improves communication
3. Teaches good habits
4. Does not cost much
5. It is fun!

Source: <http://www.familytimefitness.com/wordpress/?p=299>

Org Health & Diversity Focus

"When all Americans are treated as equal, no matter who they are or whom they love, we are all more free." -*Barack Obama*

Human Performance Focus

PEER CHECK

Taking advantage of the free vessel safety check from the Coast Guard (mentioned above) is like getting a boating peer check. And as always – two heads are better than one; especially when at least one of them is a boating safety expert.

June 19, 2017

Safety Focus

DON'T HIKE OR BIKE ALONE

You don't want to be by yourself in case of an emergency. Leave a copy of your itinerary with a responsible person. Include such details as the make, year, and license plate of your car, the equipment you're bringing, the weather you've anticipated, and when you plan to return. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help. Teamwork!

Health Tip of the Day

NEED MORE TIME?

Are you feeling the crunch of a busy schedule? While we'll never have more than 24 hours in a day, studies show you might feel like you have more time when you share it with others, compared to spending free time by yourself. Helping a friend, neighbor, or getting involved in your community are all great ways to share your time and possibly boost well-being! Source: Association for Psychological Science

Org Health & Diversity Focus

"This world would be a whole lot better if we just made an effort to be less horrible to one another."--*Ellen Page*

Human Performance Focus

RISK PERCEPTION

It has been said that "risk perception tends to be guided by our heart not our head." (DOE Human Performance Handbook). What we think is not dangerous may be more hazardous than we perceive. As they used to tell us in grade school: "put on your thinking cap!"

June 20, 2017

Safety Focus

HIKING TOOL CHECK

Check your equipment. Keep your equipment in good working order. Inspect it before your trip. Do not wait until you are at the trailhead. Be sure to pack emergency signaling devices. Are these recreation safety ideas starting to sound the same? Safety is safety is safety. It should become a part of everything we do. We should Live Safe!

Health Tip of the Day

PROPER EXECUTION

We used to believe that stretching was necessary to warm up the muscles and prepare them for activity. However, mounting research has shown that stretching the muscles before they're warmed up can actually hurt them. "When everything is cold, the fibers aren't prepared and may be damaged. If you exercise first, you'll get blood flow to the area, and that makes the tissue more pliable and amenable to change," says Nolan. All it takes to warm up the muscles before stretching is five to 10 minutes of light activity, such as a quick walk. You can also stretch after an aerobic or weight-training workout. Source: Harvard Health

Org Health & Diversity Focus

"Why is it that, as a culture, we are more comfortable seeing two men holding guns than holding hands?"-*Author Ernest J. Gaines*

Human Performance Focus

OFF-THE-JOB PRE-JOB BRIEF

Take two minutes before doing any activity (like hiking) and review your equipment and plans. Two minutes of safety is a good investment of time. When you finish the activity – getting started two minutes later is not going to be a big time loss – and it may serve to prevent some pain!

June 21, 2017

Safety Focus

FIRST RESPONDER

Many times we don't think about the fact that we are in a first responder position. Learn basic first aid so you will know how to identify and treat injuries and illnesses. Carry a first aid kit with you. Learn how to identify the symptoms of heat exhaustion, heat stroke, hypothermia, and dehydration, and know how to treat them.

Health Tip of the Day

TRAVELING ABROAD?

If you are headed to an international location this year, along with updating your vaccinations, pack a travel health kit. The kit should include your daily medicines in their original containers along with your written prescriptions, pain relievers, diarrhea medicine, first aid items, hand gel, insect repellent, and malaria prevention medicine, if needed. Don't forget to register with the U.S. Department of State in case of an emergency and check your health insurance plan to see if it will cover your health needs abroad. For more information, visit www.cdc.gov/travel. Source: Centers for Disease Control and Prevention

Org Health & Diversity Focus

"I believe that no one should ever have to choose between a career we love and living our lives with authenticity and integrity"-*Out & Equal Executive Director Selisse Berry*

Human Performance Focus

AT-RISK BEHAVIOR

At-risk behaviors most often do not result in injuries. That is why we get 'reinforced' for doing them. They gave us some advantage – for example: taking a safety shortcut to save some time. When no incident occurs we think: "There, I got it done quicker and didn't need that PPE." We need to recognize this – and choose to avoid at-risk behaviors because it is the right thing to do.

June 22, 2017

Safety Focus

SLIPS, TRIPS & FALLS ON THE TRAIL

Be alert for slippery areas and take your time to avoid tripping. Low-hanging branches and variable terrains make running unsafe, and leaves can hide slippery areas underneath.

Health Tip of the Day

COLOR YOUR WORLD

Summer is a great time to enjoy the colorful variety of fresh fruits and vegetables the season has to offer. Keep fresh berries, peaches and melons in the refrigerator to add to breakfast cereals, low-fat plain yogurt and salads. Serve fresh bell peppers, green beans, yellow squash and cucumbers with hummus, salsa or low-fat dips. Enjoy the hot days with these cool, refreshing foods that pack a powerful, nutritious punch. Source: Produce for Better Health Foundation

Org Health & Diversity Focus

"The beauty of standing up for your rights is others see you standing and stand up as well." -*Advice columnist Cassandra Duffy*

Human Performance Focus

OVERCONFIDENCE

It is easy to forget that slips, trips, and falls cause more injuries than most hazards around us. Yet – we think: “It won’t happen to me.” This overconfidence can be overcome by exercising some wisdom: “Yes, it can happen to me because it has happened to so many others. What do I need to do - to prevent it today?”

June 23, 2017

Safety Focus

DISTRACTED DRIVING

According to the National Safety Council, there is no a safe way to use a cell phone and drive. Even when talking hands-free, drivers can miss seeing up to half of what's around them because they are engaged in a cell phone conversation. Yet many still accept that risk. Why? Remember, safety is good business! For more information:

<http://www.nsc.org/DistractedDrivingDocuments/Cognitive-Distraction-White-Paper.pdf>

Health Tip of the Day

ACTIVITY IN THE WARM SUMMER MONTHS

- If you have health concerns, check with your physician before beginning an exercise program.
- Warm-up before any activity.
- Drink plenty of fluids.
- Pay attention to your body's signals. Take it slow and rest when you need to.
- Try doing activities either earlier in the morning or later in the evening.
- Dress appropriately. Wear a hat to protect your face from the sun, use sunscreen, and appropriate footwear

Source: <http://articles.extension.org/pages/27726/physical-activity-in-the-warm-summer-months>

Org Health & Diversity Focus

Somebody, your father or mine, should have told us that not many people have ever died of love. But multitudes have perished, and are perishing every hour - and in the oddest places! - for the lack of it." -*Author James Baldwin*

Human Performance Focus

OVERCONFIDENCE II

The Rain Man said "I'm a good driver." He was over-estimating his abilities. Studies show that most of us over-estimate our abilities when it comes to driving. And we WAY OVER-ESTIMATE our ability to safely drive and talk or drive and text. Simply, don't do it.

June 24, 2017

Safety Focus

GUN SAFETY

How many in your group own guns for hunting and/or enjoy target shooting? You may clean your own guns, go to the shooting range or have your own homemade shooting range at home. Have you ever had a close call? What measures do you put in place to make sure everyone is safe? The National Child Safety Council has downloadable materials for the little ones in your lives. The materials include activities to teach them about safety. <http://www.nationalchildsafetycouncil.org/materials>

Health Tip of the Day

A NEW NUTRITION FACTS LABEL

The nutrition facts panel found on packaged foods is getting a makeover! In the future, you'll see a variety of changes, including larger font sizes for key information like calories, servings per container, and serving size. Newcomers to the label will be grams of added sugars and percent daily values for vitamin D and potassium. Daily values for vitamins A and C will no longer be required. Serving sizes will also be better aligned to the portions people actually tend to eat. You won't see the new labels for a while, though. Most companies have until July of 2018 to make the changes. Source: Food and Drug Administration

Org Health & Diversity Focus

"We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity."--*George Takei*

Human Performance Focus

TIME PRESSURE

Sometimes we do things without following all of our normal safety precautions because of some sort of perceived deadline or a closing window of opportunity. Often nothing goes wrong. But as our friend Mr. Murphy said, "Anything that can go wrong, will." And history shows that he was right. Eventually – anything that can go wrong, will go wrong.

June 25, 2017

Safety Focus

SETTING THE EXAMPLE

A few days ago the message was about having all of the personal protective equipment you need for the activities you enjoy as recreation. Do you set the example for others around you? June's focus is on recreation safety but it is pretty clear how our actions can impact others. Remember, Safety is good business.

Health Tip of the Day

FAVORITE RESOURCES FOR FAMILY WELLNESS

Apps available through iTunes

- **Family Traditions, Customs, and Celebrations** Price: \$4.99
This app includes information on a variety of family traditions that you can borrow for your family including some for Christmas, birthdays, and invented holidays.
- **Family Fun – Family Friendly Activities** Price: \$1.99
A resource for fun, novel, and interactive activities that families can do together to help contribute to a stronger relationship between parent and child.
- **Family Organizer** Price: Free
Helps you and your family share calendars, grocery lists, and to-do lists.
- **Family Talk** Price: \$0.99
Family Talk offers conversation topics to engage family and friends.

Source: <http://www.kaplanuniversity.edu/public-service/articles/family-wellness.aspx>

Org Health & Diversity Focus

“Race, gender, religion, sexuality, we are all people and that's it. We're all people. We're all equal.” — *Connor Franta*

Human Performance Focus

OH, THE IRONY

Seen on a billboard by an interstate: “Texting While Driving KILLS”. In small print: “For more driving tips: text “SAFETY” to 79191. Umm... don't text and drive. Ever. Even when a billboard tells you to.

June 26, 2017

Safety Focus

CHOOSING THE RIGHT HELMET

Fit makes a difference! You may be a motorcycle rider, bicyclist, softball player or maybe your kids are. Choose a helmet that fits, ensure it is certified by the proper organization and make sure you know the correct adjustments. The Center for Disease Control has helmet fact sheets for many recreational helmets.

<https://www.cdc.gov/headsup/helmets/index.html>

Health Tip of the Day

COMMON SOURCES OF WORK STRESS

Certain factors tend to go hand-in-hand with work-related stress. Some common workplace stressors are:

- Low salaries.
- Excessive workloads.
- Few opportunities for growth or advancement.
- Work that isn't engaging or challenging.
- Lack of social support.
- Not having enough control over job-related decisions.
- Conflicting demands or unclear performance expectations

Source: <http://www.apa.org/helpcenter/work-stress.aspx>

Org Health & Diversity Focus

“With ignorance comes fear, from fear comes bigotry. Education is the key to acceptance.”

Human Performance Focus

YOUR BROTHER’S AND SISTER’S KEEPER

The Insurance Information Institute reports that in 2014 there were 10 times the number of fatalities for motorcycle riders not wearing helmets in states where there were no universal helmet laws. The short story: Helmets save lives! Wear them! And encourage your friends to wear them also!

June 27, 2017

Safety Focus

HEAT STRESS PREVENTION

Whether you are working or having fun outside of work, it is important to stay hydrated. If it is hot, you are in the direct sun and/or you are wearing extra layers you have a greater risk of dehydration. It is also important to note that physical fitness, personal illnesses and medications can have a big impact on your tolerance for heat. Stay Safe and Healthy!

Health Tip of the Day

DON'T BOUNCE DURING STRETCHING

Bouncing while stretching is not safe and should be avoided. Bouncing while you stretch is known as ballistic stretching. This form of stretching can stretch your muscles too far and too fast resulting in a pulled muscle. Oftentimes during ballistic stretching your nervous system will actually send a signal to your muscles to contract to avoid stretching too far and potential injury, defeating the purpose of the stretch. Moving slowly into a stretch is very important in helping the muscle to relax and lengthen during a stretch. Bouncing is a rapid movement causing the muscle to become very excitable and not allowing for a true increase in muscle length.

Source: [National Academy of Sports Medicine](#)

Org Health & Diversity Focus

“What does religious freedom mean if we would use it as a cover for hate and privilege?” — *DaShanne Stokes*

Human Performance Focus

LIMITED PERSPECTIVE

We humans have a problem called “limited perspective” – or – “We don’t know, what we don’t know, and we don’t know that we don’t know it.” For example – if you are looking at a room from the east – someone looking at it from the west may see something completely different. During pre-job briefs – ask for others’ perspectives.

June 28, 2017

Safety Focus

POISONING

Are you a crafty person, someone who likes to repurpose furniture or maybe remodel or paint in your home for recreation? How do you control the paints, thinners, chemicals and medicines in your home? According to the Center for Disease Control, over 300 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, each day as a result of being poisoned. The sources are chemicals, cleaners and medicine overdoses or unsupervised ingestions.

Health Tip of the Day

GIVE THE GIFT OF LIFE!

According to a recent survey, people who donate blood do so to help others and because it makes them feel good. This is not surprising since a blood donation truly is a "gift of life." In just one hour's time, a healthy individual can donate one unit of blood that could help save multiple lives in their community. On any given day, approximately 36,000 units of red blood cells are needed. The need is great, so consider being a blood donor and saving a life! Source: American Association of Blood Banks

Org Health & Diversity Focus

"We are spiritual beings having a human experience. We don't choose the experience but we do choose how we react to the experience we have. Choose to be positive, choose to be helpful, choose to be happy." — *Paula Coffey, Sandbox to Sandbox*

Human Performance Focus

EFFECTIVE COMMUNICATION

Communicate the dangers of poisoning to your loved ones by printing hazard labels or SDS's for chemicals used in your home. Discuss with them and make a plan to protect the children in your homes or loved one's homes. It may involve moving the chemicals or adding child-protective locks to doors on chemical or kitchen cabinets.

June 29, 2017

Safety Focus

LET SOMEONE KNOW

When traveling for work or recreation or even when hiking, boating or swimming, have someone with you when possible. If having a companion with you isn't possible, *let someone know* your planned route. Also, make plans for stops in safe areas, ensure your phone is charged and determine what actions you'd take in an emergency. Safety is good business!

Health Tip of the Day

NUTS ANYBODY?

Go nuts for a great source of unsaturated fats, a type known to help protect against heart disease! Most nuts, including peanuts, pecans, walnuts and almonds, boast high amounts of 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, 14 walnut halves, or a small palm full. They're healthy, but don't go completely nuts. Source: ChooseMyPlate.gov

Org Health & Diversity Focus

"It is exhausting living in a population where people don't speak up if what they witness doesn't directly threaten them." — *David Wojnarowicz*

Human Performance Focus

COMMUNICATE!

Some people are known to be quiet people. But there is a time when we need to put aside being quiet – and communicate... with purpose. As mentioned above, when traveling, communicate your travel plans to someone so that they'll know to look for you in the event of an emergency. Also communicate prior to doing ANY hazardous task, such as climbing a ladder.

June 30, 2017

Safety Focus

GRILLS AND FIREWORKS – GETTING READY FOR THE 4TH!

Firing up the grill could be one of the largest safety hazards of the summer season. Around the holidays you may have children and others at your house or other meeting place for the upcoming holiday. If you think about it, there are a lot of hazards with grilling using gas or charcoal. According to EHS today, nearly 5,000 people are injured annually while grilling, while another 9,000 are injured using fireworks. Please make sure your celebration includes a plan for safety!

Health Tip of the Day

SPIN CLASS: PROPER POSITIONING

When taking a spin class, make sure you adjust the bicycle seat and handlebars to fit your size. For instance, your knee should have just a slight bend when you extend your leg at the "bottom" of the pedal stroke. Ask your instructor to make sure that you are set up properly. Proper positioning will help you get the full benefits of the workout, while minimizing the chances for injuries, unpleasant strains and pains.

Source: HealthFitness

Org Health & Diversity Focus

“If anyone makes you feel less than you are, for the color of your skin, for where you come from, for the gender of the person you love, for the religion you have faith in, stand up, speak up, roar. No silence till we are equal.” — *Thisuri Wanniarachchi, Colombo Streets*

Human Performance Focus

SELF-CHECKING AT HOME

Prior to grilling, use STAR to make sure everything is safe. Also – do the same prior to using any fireworks. Or better yet – go somewhere else to watch the professionals do bigger fireworks than you are legally allowed to do. And if you do end up using fireworks, require that everyone in the vicinity wear safety glasses.