

Hazard Recognition: Severe Weather

March 2015

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Daily Safety and Health Topics

March 2015

Focus on Hazard Recognition:

Severe Weather



March 1, 2015

Safety Focus

SEVERE WEATHER – FAMILY PREPARED?

According to the National Oceanic and Atmospheric Administration, we experienced seven weather and climate disaster events with losses exceeding \$1 billion across the United States in 2013. These events included five severe weather and tornado events, a major flood, and a Western drought/heat wave. These events killed 109 people and had significant economic effects on the areas impacted. These are events that we cannot control, but we *can* be prepared. Being prepared for severe weather doesn't have to be complicated or expensive. A few simple steps, such as having a disaster supplies kit, obtaining a NOAA Weather Radio and creating a Family Emergency Plan could help save your life. Staying alert to changing weather conditions and forecast helps raise your level of awareness and preparedness. When it comes to severe weather, maintain a strong questioning attitude, know your risk, take action and be prepared.

Health Tip of the Day

IS SEA SALT BETTER FOR YOU?

Sea salt or table salt. What's the difference? Taste, texture and how each is processed are the basic differences. One advantage of sea salt is that some people may use a little less because of its coarser texture and some people prefer the taste. However, the sodium content of each is essentially the same. If you are looking for a low-sodium option, try salt-free seasonings and herb blends instead. Not all herb mixtures are salt-free, so be sure to read the label.

Source: Academy of Nutrition and Dietetics

D&I Focus

One must even beware of too much certainty that the answer to life's problems can only be found in one way and that all must agree to search for light in the same way and cannot find it in any other way. - Eleanor Roosevelt (Former First Lady)

Today is... [Peanut Butter Lovers' Day](#)

Hazard Recognition: Severe Weather

March 2, 2015

Safety Focus

SEVERE WEATHER – ARE YOU PREPARED?

Entergy personnel work across several states ranging from New York to Louisiana. While seasons change at different times depending on your location, any season has its own set of severe weather hazards. We can control many things around us, but the weather is something that we cannot control – we must be prepared to adapt and protect ourselves, our co-workers and family. Plans to prepare for and stay safe during severe weather events are part of our work processes. Do you know what they are? One more question – are they also part of your personal plans for your safety and the safety of your family? The likelihood of needing your emergency plan may be relatively small – but the consequences can be bad if you need an emergency plan and don't have one. Remember, our Human Performance training teaches us to always think consequences versus likelihood.

Many states are observing Severe Weather Awareness events during March. Take time now to review your emergency planning at work, and commit to ensuring you are prepared at home as well.

Health Tip of the Day

HEALTHY BAGEL SPREAD

Do you enjoy a bagel for breakfast? While modest portions of whole-grain bagels can be a healthy breakfast option, be careful with your spreads. A 1-ounce portion of traditional cream cheese adds about 100 calories and 10 grams of fat, with 5 grams coming from unhealthy saturated fat. For a healthier spread, consider this alternative: a blend of silken tofu, cinnamon, vanilla extract and minced dried fruit. If you really love your cream cheese, simply use less, or try a low-fat or fat-free version. Your heart will thank you!

Source: United States Department of Agriculture

D&I Focus

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

Today is... [Old Stuff Day](#)

Hazard Recognition: Severe Weather

March 3, 2015

Safety Focus

TORNADOES – PART 1

Tornadoes can occur anywhere and at any time during the year. In an average year, 800 tornadoes are reported throughout the nation. The strongest can have wind speeds of 250 mph or more, and may last for more than an hour. Multiple tornadoes may occur at the same time. Tornadoes can appear rapidly, so it is important to be familiar with the signs in order to stay prepared. Early warnings about a likely tornado can help save lives. Weather radar systems are used to detect air movement which could indicate that a tornado may be likely to form. Environmental clues may also suggest that a tornado is forming. Here are some signs to look for:

- Dark, often greenish clouds or sky
- Wall cloud
- Large hail
- Funnel cloud
- Roaring noise

Health Tip of the Day

LET FISH BE THE DISH

Omega-3 fatty acids may not be words that evoke passion, but today, a serving of Omega-3-rich fish is truly good for the heart. Salmon, mackerel, tuna, lake trout, herring and sardines are examples of fatty fish that are rich in Omega-3 fatty acids. The American Heart Association recommends eating fish, particularly fatty fish, at least two times per week. Children and pregnant or breastfeeding women should avoid eating fish that could have high levels of mercury, such as shark, swordfish, king mackerel or tilefish.

Source: American Heart Association

D&I Focus

To be one, to be united is a great thing. But to respect the right to be different is maybe even greater. – Bono (Irish Musician)

Today is... [National Anthem Day](#)

Hazard Recognition: Severe Weather

March 4, 2015

Safety Focus

TORNADOES – PART 2

If a tornado is approaching, you must take shelter. Severe weather plans should include knowing the best locations to shelter in place during a tornado. A basement or storm cellar provides the best protection from a tornado. Alternatives can include:

- Small interior room or hallway on the lowest floor possible
- Stay away from doors, windows, and outside walls
- Stay in the center of the room – avoid corners because they attract debris
- Rooms constructed with reinforced concrete, brick or block with no windows and a heavy concrete floor or roof system overhead
- *Avoid* auditoriums, cafeterias and gymnasiums that have flat, wide-span roofs.

If outdoors, seek shelter in a basement or a sturdy building. If one is not in walking distance, try to drive in a vehicle, using a seatbelt, to the nearest shelter. If flying debris is encountered while in a vehicle, there are two options: 1) staying in the vehicle with the seat belt on, keeping your head below the windows and covering it with your hands or a blanket, 2) if there is an area which is noticeable lower than the roadway, lie in that area and cover your head with your hands. (*Source – OSHA*)

Health Tip of the Day

WINNING ISN'T EVERYTHING

Is your child involved in sports? If so, it is likely that you already know how much emphasis can be placed on winning at all costs. According to the American Academy of Pediatrics, it's important for parents to focus on the value of kids' sports for fun and exercise, not only for winning. Unrelenting pressure to win can create excessive stress for young athletes, negatively impacting their health, wellness and even their performance.

D&I Focus

Be modest, be respectful of others, try to understand.

- Lakhdar Brahimi (Algerian Public Servant)

Today is... [Hug a GI Day](#)

March 5, 2015

Safety Focus

TORNADOES – PART 3

Working recovery and repair in tornado-impacted areas presents safety and health hazards that must be recognized and mitigated to reduce or eliminate safety and health risks to workers. Some of the specific hazards associated with working in the aftermath of tornadoes can include:

- Hazardous driving conditions due to slippery and/or blocked roadways
- Slips and falls due to slippery walkways
- Falling and flying objects such as tree limbs and utility poles
- Sharp objects including nails and broken glass
- Electrical hazards from downed power lines or downed objects in contact with power lines
- Exhaustion from working extended shifts
- Heat and dehydration

Safe job planning, hazard recognition and mitigation are critical. Maintain a questioning attitude and use STAR to increase your level of awareness. No job is so important or urgent that we can't take the time to do it safely.

Health Tip of the Day

TRAMPOLINE SAFETY

If you own a backyard trampoline or are considering buying one, be sure to take the proper precautions to be safe. According to a U.S. Consumer Products Safety Commission report, there were over 94,000 trampoline injuries requiring treatment in emergency rooms in 2012. Colliding with another person is the number one cause of injuries, so limit use to one person at a time. Also, do not allow children under age 6 to use a trampoline.

D&I Focus

We fear things in proportion to our ignorance of them. - Christian Nestell Bovee
(American Author)

Today is... [Multiple Personality Day](#)

Hazard Recognition: Severe Weather

March 6, 2015

Safety Focus

THUNDERSTORMS & LIGHTNING

All thunderstorms are dangerous. Every thunderstorm produces lightning. While lightning fatalities have decreased over the past 30 years, lightning continues to be one of the top three storm-related killers in the United States. On average in the U.S., lightning kills 51 people and injures hundreds more each year. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Always maintain your strong questioning attitude during thunderstorms.

Source: U.S. Consumer Product Safety Alert

Health Tip of the Day

SHOULD PEOPLE WITH ARTHRITIS EXERCISE?

For years, people with arthritis and related conditions were told not to exercise. However, studies now show that exercise can help people with arthritis by reducing joint pain and stiffness, and increasing flexibility, muscle strength, cardiac fitness and endurance. The Arthritis Foundation recommends gentle activities such as water aerobics, swimming or tai chi, which can help increase flexibility and endurance without putting too much pressure on the joints. People with arthritis should discuss exercise options with their health care provider.

Source: Arthritis Foundation

D&I Focus

There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative. - Robert Collier (American Publisher)

Today is... [Dentist's Day](#)

March 7, 2015

Safety Focus

SPRING FEVER

With the days getting longer and temperatures rising, our thoughts turn toward anything but what we are presently doing. During the first nice days of spring it's easy to think about ourselves out fishing, golfing, or just being in the warm sunshine in the shade. Some refer to this as spring fever. These are all pleasant thoughts – but take a moment to consider the danger of distractions:

- What are some of the consequences that could arise?
- What are some of the ways you can think of to combat Spring fever?
- Spring fever affects people differently, how you deal with it, has a direct effect on your attitude and outlook that day.
- While Spring fever doesn't last that long, time is irrelevant when an accident or incident can occur in a brief second.

The only way we can stay injury and accident free is to concentrate on the task at hand, present moment thinking. While it is nice to have dreams we'll never be able to get there if safety doesn't come first on the job and at home. Use STAR (Stop, Think, Act, Review)

Health Tip of the Day

REDUCING YOUR RISK FOR CANCER

Cancer is the second most common cause of death in the U.S. The American Cancer Society estimates that roughly one-third of all cancer deaths can be attributed to poor nutrition, physical inactivity, or being overweight/obese. It doesn't have to be this way. Prevention and early detection can save lives and help those who develop cancer to survive. Lower your cancer risk with timely screening tests, good food choices and an active lifestyle. If you smoke, commit to quitting today!

Source: American Cancer Society

D&I Focus

Freethinkers are those who are willing to use their minds without prejudice and without fearing to understand things that clash with their own customs, privileges, or beliefs. - Leo Tolstoy (Russian Writer)

Today is... [National Crown Roast of Pork Day](#)

Hazard Recognition: Severe Weather

March 8, 2015

Safety Focus

SPRING FEVER

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Health Tip of the Day

AVOID TANNING BEDS

To help fight winter doldrums, many people visit tanning salons, but that is not a good idea. Artificial ultraviolet (UV) light exposure from tanning booths and beds is NOT a treatment for winter depression, also called seasonal affective disorder, or SAD. Moreover, it can increase the risk of premature aging, eye damage and skin cancer. On average, indoor tanners are 74 percent more likely to develop melanomas than non-tanners. Instead of tanning, try getting regular exercise; it can help fight the winter blues.

Source: Skin Cancer Foundation

D&I Focus

At the end of the game, the King and Pawn go into the same box

Today is... [International \(Working\) Women's Day](#)

Hazard Recognition: Severe Weather

March 9, 2014

Safety Focus

WINTER WEATHER – EVEN IN SPRING

Sometimes we associate March with spring and warmer weather, but even those in the South know that winter weather can linger well into the month. Winter weather creates a variety of conditions that can introduce big hazards into everyday tasks and work activities. These include slippery roads/surfaces, strong winds and environmental cold. As we look forward to the warmer weather that this time of the year inevitably brings, remember that a return visit from 'Old Man Winter' can come at any time. If and when you experience this, maintain a questioning attitude as you go about your daily activities. Watch for slippery surfaces where you are walking or working and hazardous driving conditions due to icy roads. Make sure that your work area has taken the necessary precautions to clear walkways, steps or other areas where ice or snow can cause danger.

Health Tip of the Day

EGGING YOU ON TO A HEALTHY WEIGHT

Eating eggs for breakfast may help you feel full longer, stay energized and reduce overall calorie intake, which contributes to a healthy weight, research says. One large egg has just 70 calories and provides 6 grams of high-quality protein, which helps to keep you satisfied. Nearly half of the protein is found in the egg yolk. And although the yolk also contains cholesterol, for most people, eggs can be part of a heart healthy diet when eaten in moderation. Consider eggs enriched with omega-3 fatty acids for added health benefits.

Source: International Journal of Obesity

D&I Focus

Honest differences are often a healthy sign of progress.

Today is... [Panic Day](#)

March 10, 2015

Safety Focus

WINTER WEATHER – COLD STRESS

What is cold stress? Good question – what constitutes cold stress and its effects can vary across different areas of the country. Cold stress occurs by environmental conditions driving down the skin temperature, and eventually the internal body temperature. When the body is unable to warm itself, serious cold-related illnesses and injuries may occur, and permanent tissue damage and death may result. Types of cold stress include trench foot, frostbite and hypothermia.

Proper job planning and hazard assessment include plans to cope with or mitigate weather conditions, including the possibility of cold stress. Maintain a questioning attitude about the conditions around you – including the cold. Being prepared and adjusting to changing conditions will help you and your co-workers Live Safe.

Health Tip of the Day

HEART ATTACK WARNING SIGNS

Did you know that many women experience a sudden onset of extreme weakness, similar to the flu, as their early warning sign of a heart attack? Although the most common heart attack symptom is chest pain or discomfort, women are also more likely than men to have other common symptoms, often with no chest pain at all, such as shortness of breath, nausea/vomiting, and back or jaw pain. If you see or have any heart attack warning signs, immediately call 911 or your emergency response number.

Source: American Heart Association

D&I Focus

Courage is never to let your actions be influenced by your fears.

- Arthur Koestler (Hungarian Novelist)

Today is... [Middle Name Pride Day](#)

Hazard Recognition: Severe Weather

March 11, 2015

Safety Focus

WINTER WEATHER – WALKING SAFELY ON SNOW AND ICE

Late winter/early spring snow or ice storms present the usual additional hazards related to slips, trips and falls due to ice and snow on walkways and other areas. At work locations, personnel should follow established practices to clear walking surfaces of snow and ice, and spread de-icer, as quickly as possible after a winter storm. In addition, the following precautions will help reduce the likelihood of injuries:

- Wear proper footwear when walking on snow or ice is unavoidable. Requirements may differ by location, but a pair of insulated and water resistant boots with good rubber treads is helpful for walking during or after a winter storm. Cleats may be available in some areas to fit over existing foot wear for additional traction.
- When walking on icy or snow-covered walkways take short steps and walk at a slower pace so you can react quickly to a change in traction. Don't allow time pressure to cause you to hurry and risk a serious injury.

Health Tip of the Day

SNOW SHOVELING SAFETY

If you are in a state that sees an occasional snow storm and produces icy surfaces, take note of today's tip. Keep walkways around the home clear of snow and ice. Snow shoveling can cause serious injuries or death to people who are elderly, have chronic health problems or are not used to strenuous activity. If you are in one of these categories, you may want to use a snow blower or hire a snow removal service. If you choose to do this heavy work yourself, remember that your body may tire quicker in the cold. Do not overextend yourself. Take short breaks in between shoveling. Exhaustion can make the body more susceptible to cold injuries.

Source: Weathersafety.ohio.gov/WintericeandandsnowTakeitslow.aspx

D&I Focus

Equality is the soul of liberty; there is, in fact, no liberty without it.

- Frances Wright (Scottish Writer)

Today is... [Worship of Tools Day](#)

Hazard Recognition: Severe Weather

March 12, 2015

Safety Focus

SEVERE THUNDERSTORMS

A thunderstorm is considered severe if it produces hail at least 1 inch in diameter or has wind gusts of at least 58 mph. Every thunderstorm produces lightning, and heavy rain from thunderstorms can cause flash flooding. High winds can damage homes and down trees and utility poles. Every year people are killed or seriously injured because they didn't hear or ignored severe thunderstorms warnings. Tips to stay safe:

- Listen to local radio or internal company communications systems for emergency updates.
- Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- If you can hear thunder, you are close enough to be in danger from lightning. Remember – lightning can strike out of a clear blue sky.
- Keep away from windows.
- If you are driving in very heavy rain, try to safely exit the roadway and park. Stay in the vehicle and turn on emergency flashers until the heavy rain ends.

Health Tip of the Day

PRIVATE WELLS

In some (rural) areas of your state people may use private wells. If your well service is disrupted, only use water from a known safe source. Wait until flood waters recede before testing the well. Then test your water for bacteria when power/service is restored before consuming. Bacteria infested water can cause severe illnesses. For testing information, contact your local public health department.

Source: DHS.gov

D&I Focus

Patience, persistence and perspiration make an unbeatable combination for success. - Napoleon Hill (American Writer)

Today is... [Plant a Flower Day](#)

Hazard Recognition: Severe Weather

March 13, 2015

Safety Focus

FLASH FLOODS

Flash floods can occur within a few minutes or hours of excessive rainfall, a dam or levee failure, or other sudden release of water. Overland flooding, the most common type of flooding event occurs when rivers or streams overflow their banks as a result of rainwater or a possible levee breach and cause flooding in surrounding areas.

Be aware of flood hazards no matter where you live or work. Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that appear harmless in dry weather can flood in the wrong conditions. Remember:

- Do not walk through flood waters. It only takes six inches of moving water to knock you off your feet.
- Do not drive into flooded roadways or around a barricade; **Turn Around, Don't Drown!** Water may be deeper than it appears and can hide many hazards. A vehicle caught in swiftly moving water can be swept away in a matter of seconds. Twelve inches of water can float a car or small SUV and 18 inches of water can carry away large vehicles. Remember, our Human Performance training teaches us to always think consequences versus likelihood.

Health Tip of the Day

REPLACE YOUR SHOES

Wearing worn out shoes to exercise can increase your risk of hip, knee, ankle and foot injuries. How often should you replace them? It is recommended that you replace exercise shoes between 350 and 500 miles depending on your activity, style, body weight and the surface you exercise on. A shoe can lose its support and mid-sole cushioning even if the outside looks fine. In addition to tracking your mileage, pay attention to how you feel. New aches or pains in your bones and joints or shin splints might be signs that it's time to get new shoes.

Source: American Council on Exercise

D&I Focus

When you practice gratefulness, there is a sense of respect toward others. - Dalai Lama (Tibetan Leader)

Today is... [Ear Muff Day](#)

Hazard Recognition: Severe Weather

March 14, 2015

Safety Focus

WILDLIFE IN THE SPRING

Warmer weather typically brings an increase to the activity level of wildlife around us. This increase in activity coupled with our activity can present additional hazards:

- When driving, keep in mind that many animals, including larger ones like deer will increase their movement level as spring continues. They often travel in groups so there may be others that you don't see. A standing deer can suddenly panic and dart in any direction. Use your horn to scare the deer away from the road.
- Other wildlife may be just beginning to stir in places that you might not expect. You may be getting into that storeroom or workshop that has been quietly locked up for the winter and discover that you have more than you expected in that space, whether it's a snake or other guest.

Use a questioning attitude and stay alert to your surroundings. Live Safe!

Health Tip of the Day

THE HEART TRUTH

The Heart Truth is a national campaign to make women more aware of the danger of heart disease. If you think heart disease is a "man's disease," consider that heart disease is the No. 1 killer of women, according to the National Heart, Lung, and Blood Institute. In fact, 80 percent of women ages 40 to 60 have at least one heart disease risk factor. Unfortunately, women often wait longer than men to go to an emergency room when having a heart attack.

Source: National Heart Lung and Blood Institute

D&I Focus

The peculiar evil of silencing the expression of an opinion is that it is robbing the human race; posterity as well as the existing generation; those who dissent from the opinion, still more than those who hold it. If the opinion is right, they are deprived of the opportunity of exchanging error for truth: if wrong, they lose, what is almost as great a benefit, the clearer perception and livelier impression of truth, produced by its collision with error. - John Stuart Mill (English Philosopher)

Today is... [National Potato Chip Day](#)

Hazard Recognition: Severe Weather

March 15, 2015

Safety Focus

WILDLIFE IN THE SPRING

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Use a questioning attitude and stay alert to your surroundings. Live Safe!

Health Tip of the Day

HEART SMART

Being heart smart starts with knowing your numbers: from cholesterol and triglycerides, to your blood pressure, waist size and body mass index. Make a daily commitment to a heart-healthy lifestyle. This means not smoking, exercising regularly, making healthy food choices and managing stress.

Source: American Heart Association

D&I Focus

Hate is like a cancer. It doesn't matter if you have a little cancer or a lot of cancer - it's still cancer.

Today is... [Incredible Kid Day](#)

March 16, 2015

Safety Focus

HEAT IN THE SPRING

While we are not in the 'dog days' of summer yet, it's important to remember that many of us are exposed to heat on some tasks, outdoors or in hot indoor environments. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness. Heat related illness can be prevented through pre-hydration, use of air conditioning or other modifications to the environment, or by using work practices such as rest/work cycles appropriate to the temperature and heat index. It's important that you know and look out for the symptoms of heat-related illnesses in yourself and those around you during warmer weather and/or working conditions.

Health Tip of the Day

“LETTUCE” BE CLEAR ABOUT ICEBERG

Many say iceberg lettuce has no nutritional value. Not so, says our registered dietitian. While it's true that darker-colored greens like romaine contain more nutrients, iceberg can stand on its own merits when it comes to a healthy diet. It's low in calories, fat-free and a source of potassium, folate, beta carotene, lutein and a small amount of calcium and vitamins C and K. That said, it's still best to fill your plate with a variety of lettuces and other leafy greens, including arugula, escarole, bibb, romaine, spinach and yes, even iceberg.

D&I Focus

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because some day in life you will have been all of these.

Today is... [Everything You Do is Right Day](#)

March 17, 2015

Safety Focus

JUST A LITTLE RAIN

You're starting the day and the forecast is not bad – just a little rain to deal with. While a little rain doesn't qualify as 'severe weather' we know that rainy weather creates additional risk in many tasks that we perform throughout the day. Driving? Remove the trap of time pressure by leaving early and giving yourself extra time to get to your destination. Increase your following distance to allow for more time to react if someone has to stop ahead of you. Walking? Don't let distractions or overconfidence ruin your day. More focus will be required on the task at hand – walking to your destination. The path you take may be slick, and if you're crossing streets there's vehicle traffic to deal with. Walking while you're distracted (like using a smartphone) can be dangerous in normal conditions, and the presence of rain only increases the risk. Conditions change around us all the time, including the presence of rain, and we must recognize the hazards present and prevent them from hurting us or those around us. Live Safe!

Health Tip of the Day

ENERGY BARS FOR ENTERGY?

When time is tight, grabbing an energy bar can certainly be better than skipping a meal. But, according to our registered dietitian, many are nutritionally similar to a fortified candy bar. Some are high in sugar, low in fiber and nutrients, and expensive when compared to whole foods. For a healthful on-the-go snack, consider packing homemade trail mix made with your favorite nuts, seeds, dried fruits and whole-grain cereal. A little can go a long way, so try to limit your portion to a handful or two.

D&I Focus

It is so important to get respect for what you do and at the same time give it. - Estelle Parsons (American Actress)

Today is... [Saint Patrick's Day](#)

March 18, 2015

Safety Focus

LIGHTNING STRIKES

Knowing how these strikes happen can help you know how to avoid being struck:

1. **Direct Strike:** A person struck directly by lightning becomes a part of the main channel. Direct strikes typically occur to victims who are in open areas.
2. **Side Flash:** Occurs when lightning strikes a taller object near a victim and a portion of the current jumps from the taller object to a victim. Most often, side flash victims have taken shelter under a tree to avoid rain or hail.
3. **Ground Current:** Sometimes referred to as step potential, this occurs when lightning strikes a nearby object and the energy travels outward through the ground, causing current to travel into the victims standing nearby.
4. **Conduction:** When a strike comes in contact with a metal object such as home wiring or a metal fence, it can travel long distances and strike victims a considerable distance from the strike location.
5. **Streamers:** Not as common as the others, streamers develop upward from the ground as the downward moving lead of the strike approaches the ground. These can injure or kill, even if the streamer you're caught in is not the primary strike.

ALWAYS THINK consequences versus likelihood.

Health Tip of the Day

TRY TEMPEH!

Tempeh is a tender cake of cooked soybeans. It can be made of all whole soy beans or combined with grains, legumes and seeds. It has a nutty, mushroom-like flavor and can be found in the freezer, refrigerator or fresh produce section of your grocery store. Try tempeh as a healthy replacement for meat in stews, casseroles, grilled sandwiches, kabobs or stir-fry. Marinated or barbecued tempeh makes a great main dish. Tempeh is an excellent source of dietary fiber, soy protein, and also a good source of folic acid, potassium, and iron.

Source: Soyfoods Association of North America

D&I Focus

All men are created equal, it is only men themselves who place themselves above equality. - David Allan Coe (American Musician)

Today is... [Supreme Sacrifice Day](#)

Hazard Recognition: Severe Weather

March 19, 2015

Safety Focus

BITING AND STINGING INSECTS

As we move further into spring and warmer weather, it's likely that we'll be outside even more. When working or playing outdoors, it's important to remember that it's a bug's world! For most people, bug bites cause temporary redness and pain. But for others, bites and stings may trigger a life-threatening emergency. When working outside, the best way to avoid bites is to make yourself unappetizing to bugs. Avoid use of cologne or perfume, and use insect repellent according to the directions on the label. Cover up with long pants, long-sleeve shirts, socks, shoes and a hat. Dress in pale colors, such as light green, tan and khaki, and avoid clothing with bright colors or flowery prints. Protect your hands with gloves.

Worksite emergency action plans should cover bites and stings. An individual trained in first aid should be available on site to treat allergic reactions of various kinds including bee stings. An emergency rescue plan would call for off-site trained individuals, such as paramedics.

Health Tip of the Day

WHITE NOISE FOR BETTER SLEEP?

If you're looking for something to help soothe you into sleep, a little white noise may be the answer. White noise or white sound can filter and mask distracting noises that may be keeping you awake. Technically, white noise is a sound frequency that uses the entire spectrum of frequencies the human ear is able to hear. Examples of white-noise machines include electric fans, air purifiers, humidifiers, nature-sound devices and electronic white noise generators. White noise is even available on CDs or as a downloadable audio file.

Source: The National Sleep Foundation

D&I Focus

The more you like yourself, the less you are like anyone else, which makes you unique. - Walt Disney

Today is... [Poultry Day](#)

Hazard Recognition: Severe Weather

March 20, 2015

Safety Focus

LAWN CARE SAFETY

As we move into the growing season, well-maintained lawns provide a pleasant setting for many of our workplaces and homes. If you mow lawns as part of your job or at home, wear protective gear and use safe practices. Reminders:

- Before starting the task, proper clothing and PPE is essential. Long-sleeved shirt, long pants, heavy work boots preferably with steel toes, gloves, safety glasses and hearing protection are required.
- Before mowing, walk around and remove objects that could be thrown from under the mower or become caught in the blade.
- Never fill a hot mower or power tool with gasoline; never operate a mower on a steep incline.
- Be cautious of others who may be working or standing nearby. Power tools can inadvertently throw objects in their direction.
- If using electric lawn care tools, always keep the electric cord a safe distance from the cutting edge of the tool.
- Keep a strong questioning attitude while doing all lawn care activity.

Health Tip of the Day

GARDENING HEALTH AND SAFETY TIPS

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. If you are a beginner or expert gardener, health and safety should always be a priority.

Quick Tips-

- Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with sun protective factor (SPF) 15 or higher.
- Eat fruits and vegetable grown from your own garden!

Source: CDC.gov/family/gardening

D&I Focus

It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts. - Robert H. Schuller (American Clergyman)

Today is... [International Earth Day](#)

Hazard Recognition: Severe Weather

March 21, 2015

Safety Focus

OFF THE JOB SAFETY

We do all we can to protect each other on the job: post safety signs, erect guards and barricades, issue protective equipment, and make work areas as safe as possible. But off-the-job safety is something that is up to us:

- Off the job safety is important: When one of us is hurt, we all suffer.
- Driving safely is one of the best ways to keep from getting hurt: We've heard all the rules and regulations, so we won't repeat them here. The easiest way to keep from getting hurt is to drive defensively at all times.
- Take your safety practices home with you: Working without eye protection where required on the job would be unthinkable. So why go without it in our workshops? You wouldn't use damaged or worn tools at work. So why use a mushroomed-headed chisel or a taped-up hammer at home?
- Don't overlook safety during recreation either: Did you ever notice how many injuries happen when people are skiing, playing tennis or relaxing with a little backyard baseball? Don't overdo it when it comes to recreation.

Health Tip of the Day

STRETCHING FOR BACK MAINTENANCE

Many of us experience back pain from time to time due to tight back muscles. Stretching can help to alleviate or even prevent this tightness. Lie down on your back; pull both knees to your chest; relax and hold for 15-30 seconds; release; and repeat at least twice. Doing this exercise each day can often reduce the risk for future pain. However, if you already have diagnosed medical problems with your back, consult your doctor or physical therapist before doing any new back exercises.

D&I Focus

Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks -- we will also find our path of authentic service in the world. - Parker J. Palmer (American Activist)

Today is... [Fragrance Day](#)

March 22, 2015

Safety Focus

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- Don't overlook safety during recreation either: Did you ever notice how many injuries happen when people are skiing, playing tennis or relaxing with a little backyard baseball? Don't overdo it when it comes to recreation.

Health Tip of the Day

EATING DISORDERS

In the United States, millions of women and men are fighting a potentially life-threatening battle with an eating disorder. It's important to be aware of the dangers surrounding eating disorders and the need for early intervention and treatment. If you are affected or know someone who is or may be, the National Eating Disorders Association provides messages of prevention, hope and recovery. For more information, visit www.nationaleatingdisorders.org.

Source: National Eating Disorders Association

D&I Focus

Since talent drives success, every business and every community needs to be more inclusive.

Today is... [National Goof Off Day](#)

Hazard Recognition: Severe Weather

March 23, 2015

Safety Focus

KEEP ALERT PREVENT FALLS

Rarely does anything happen as quickly as a fall. Because these happen so quickly, it is wise to be aware of objects and conditions that cause falls.

- Objects left lying around and low protruding pipes, lumber, drawers and tool handles.
- Oil, water and other liquids on walking surfaces are especially dangerous. Spills should be cleaned up immediately or absorbent material spread over the area to reduce the slipping hazard.
- Falls from one level to another frequently involve falling off ladders, docks scaffolds and roofs, through floor openings, or down stairways, which can often result in serious injury or even death.
- Always use an approved ladder and never overextend yourself while working on it. Check it for safety grips or tie the bottom portion.
- Perimeter guarding should be installed around open areas where ladders are being used. Scaffolds should have guardrails and toe boards.
- Stairways are meant for walking, not running. Use hand rails, and if there is not enough light, report it. Stairways are to be kept uncluttered with the treads in good shape.
- Use STAR (Stop, Think, Act, Review) before beginning and during all activities.

Health Tip of the Day

BENEFITS BEYOND FIBER

Did you know that whole grains provide much more nutrition than just dietary fiber? Whole grains are also an excellent source of B vitamins, iron, zinc, potassium, magnesium and vitamin E. Some whole grains are not brown, and some brown breads are not whole grain, so don't go by color alone. Instead, look for the word "whole" before the type of grain in the ingredient list, like whole wheat or whole oats. The U.S. Dietary Guidelines recommend that at least half of the grains we eat each day should come from whole grains.

Source: U.S. Dietary Guidelines for Americans

D&I Focus

"Religions are many and diverse, but reason and goodness are one."

Today is... [National Chip and Dip Day](#)

Hazard Recognition: Severe Weather

March 24, 2015

Safety Focus

TAKING SHORT CUTS

We've been talking about severe weather for much of the month. When severe weather is approaching or is happening, it's easy to be tempted to take shortcuts ... most of us have taken a shortcut at one time or another. In many cases we fail to recognize that shortcuts can involve danger. If you have the habit of taking dangerous shortcuts, break it. In any line of work, shortcuts can at best invite error to occur, at worst shortcuts can be deadly. There are examples in EVERY occupation where a person takes a shortcut – to save a little time or get finished quicker – with catastrophic results.

If you are told to go to a particular work area, you're expected to take the safe route, not the shorter, more hazardous one. Avoiding dangerous shortcuts is up to you. Moreover, it is your responsibility to warn anyone else you see taking them. Remember, our Human Performance training teaches us to always think consequences versus likelihood.

Health Tip of the Day

REWARD YOURSELF IN A HEALTHIER WAY!

Help stick with your exercise plan by rewarding yourself at special milestones. If you've had a personal best or continued exercising when you might have given up before, consider treating yourself to a reward. Try non-food rewards such as a massage, pedicure, concert, a new song for your mobile device or MP3 player, or some new workout clothes!

D&I Focus

The teacher who is indeed wise does not bid you to enter the house of his wisdom but rather leads you to the threshold of your mind. - Khalil Gibran (Lebanese poet)

Today is... [National Chocolate Covered Raisin Day](#)

March 25, 2015

Safety Focus

PERSONAL LIGHTNING SAFETY TIPS

1. Plan in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan.
2. If outdoors ... Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
3. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.
4. If Indoors ... Avoid water. Stay away from doors and windows. Do not use the telephone. Take off headsets. Turn off, unplug, and stay away from appliances, computers, power tools and TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.
5. Suspend activities for 30 minutes after the last observed lightning or thunder.
6. Injured persons do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

Health Tip of the Day

ADDING SPICE WITHOUT HOT PEPPERS

Chili peppers are a great way to add flavor to many meals. According to our registered dietitian, they are also a good source of vitamins A and C. The hottest 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, Inc.

D&I Focus

Beware of false knowledge; it is more dangerous than ignorance. - George Bernard Shaw (Irish Dramatist)

Today is... [Pecan Day](#)

Hazard Recognition: Severe Weather

March 26, 2015

Safety Focus

EYEWASH SAFETY

OSHA requires suitable facilities for quick drenching or flushing of the eyes and body in work areas that have exposure to certain corrosive liquids or other hazards. Regular inspection is required of eye wash stations, and systems that are directly plumbed must be activated weekly. Emergency eye wash equipment must be able to supply a full 15 minutes of flushing. If an eye wash station is needed in an emergency, employees must be able to immediately access the equipment, so access to the equipment must not be impeded. The eye wash equipment should be regularly cleaned to prevent contamination. If eye wash equipment is deployed during an emergency, continuously flush the eyes for no less than 15 minutes. Immediately contact supervision, and ask that the safety data sheet for the material be located. The SDS will contain emergency treatment information, and should be communicated to any emergency response personnel.

Of course the better way is to prevent the splash by controlling all exposures.

Health Tip of the Day

March is National Save Your Vision Month!

TAKE BLINKING BREAKS

In everyday life, we blink about 15 to 20 times a minute. But that rate drops by half when we're viewing text on a screen. Every 20 minutes, look 20 feet away for 20 seconds so you can blink naturally and give your eyes time to relax. If you suffer from chronically dry eyes, try using a laptop instead of a desktop computer. When you're looking down at a laptop, less eye surface is exposed and there's less tear evaporation and your eyes stay more moist. If you have to use a desktop, raise your chair or tilt your screen four inches below eye level, as measured from the center of the screen, so you aren't looking straight ahead. Find more dry eye treatments.

D&I Focus

People are pretty much alike. It's only that our differences are more susceptible to definition than our similarities. - Linda Ellerbee (American Journalist)

Today is... [National Spinach Day](#)

Hazard Recognition: Severe Weather

March 27, 2015

Safety Focus

EMERGENCY PLANNING – KNOW WHO TO CALL

No one wants to have an emergency but the fact is when an emergency occurs, and they do, you have to know who to call so help can get to you or your co-workers promptly. Remember Human Performance Principle One- “People are not perfect and even the best can make mistakes.”

- Discuss the actions you should take for an emergency as part of pre-job briefs.
- Know the emergency numbers – some plants have internal emergency numbers.
- Know the address of your location.
- If you are in a plant, be able to describe the area (elevation, building, equipment that is close.)

Health Tip of the Day

WEIGH YOUR OPTIONS

Do you miss weight training workouts while you are traveling? Consider using portable dumbbells that you inflate with water. A pair of these dumbbells weighs up to 32 pounds when filled and only 24 ounces when collapsed, making them a practical option for your suitcase.

D&I Focus

Equality, rightly understood as our founding fathers understood it, leads to liberty and to the emancipation of creative differences; wrongly understood, as it has been so tragically in our time, it leads first to conformity and then to despotism.

- Barry Goldwater (American Politician)

Today is... [National "Joe" Day](#)

March 28, 2015

Safety Focus

EMERGENCY PLANNING – KNOW WHERE TO GO

Prior to an emergency occurring, employees must have an understanding of:

- Expected procedures
- Routes to take to evacuate buildings in the event of a fire
- Designated staging locations
- Designated safe areas in the event of severe weather

Cover this information with guests to the facility, new employees and periodically cover this information with existing employees. Run drills to verify employees retain the information.

Health Tip of the Day

STOP THE MADNESS IN MARCH!

Let's face it. Big sporting events from the Super Bowl, to the NBA All Star Game, and March Madness playoffs often call for heavy and high-calorie eating, thus your healthy eating intentions are easily changed. Score big with a pot of chili made with ground sirloin or turkey breast. Skip the traditional skin-on wings and serve Buffalo-style skinless chicken breast tenders instead. Dish up some spicy bean salsa with whole-grain chips and vegetables with low-fat dip. Give yourself a healthy winning edge!

D&I Focus

America has believed that in differentiation, not in uniformity, lays the path of progress. It acted on this belief; it has advanced human happiness, and it has prospered. - Louis D. Brandeis (American Lawyer)

Today is... [Something on a Stick Day](#)

March 29, 2015

Safety Focus

EMERGENCY PLANNING – KNOW WHERE TO GO

Prior to an emergency occurring, employees must have an understanding of:

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Health Tip of the Day

PLANT BASED FOODS

Phytochemicals are compounds found in fruits, vegetables, beans, grains and other plant foods. They may be part of the reason that eating a diet rich in plant foods is linked to a lower risk of certain types of cancer and other health problems. There are thousands of phytochemicals but only a few have been studied. Common examples include beta carotene, folic acid, and vitamin E.

Source: American Cancer Society

D&I Focus

Never look down on anybody unless you're helping him up.

Today is... [National Mom and Pop Business Owners Day](#)

March 30, 2015

Safety Focus

OBSERVE AND OBEY WARNING SIGNS

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

Don't allow overconfidence to let you walk into an accident or leave you unprepared for a severe weather event. Always use your strong questioning attitude when moving around at home and work.

Health Tip of the Day

GETTING IT IN

Getting enough exercise isn't always easy. It can be difficult to budget enough time into busy schedules. Some people make time by rising earlier in the morning. Others fit in a walk during a scheduled break in the day, such as during a portion of the lunch hour. Stopping at a club, park or mall on the way home is another option that might work. Keep searching until you find one or more ways that work for you. Then, look at your upcoming calendar and schedule that workout time into your day.

D&I Focus

Everyone is kneaded out of the same dough but not baked in the same oven.

Today is... [National Doctor's Day](#)

March 31, 2015

Safety Focus

START AND FINISH SAFELY

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

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

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

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

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

Health Tip of the Day

EYE SEE CLEARLY

Get Regular Eye Exams. Repeat. Seems obvious, right? Surprisingly, many people who care about their eyesight aren't always that good about getting to the doctor. What gives? People tend not to think about preventive care. Many diseases affect the eye in such a way that you can see 20/20 until suddenly, one day you can't. Adults, especially those over 40, should have yearly eye exams, particularly to prevent age-related diseases.

Source: Pamela Lowe, OD, FAAO.

D&I Focus

It's not what you look at that matters, it's what you see.

- Henry David Thoreau (American Author)

Today is... [National Clam on the Half Shell Day](#)

Hazard Recognition: Severe Weather