

Cold Weather Hazards

November 2015

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Daily Safety and Health Topics

November 2015

Focus on Hazard Recognition:

Cold Weather



Hazard Recognition: Cold Weather



November 1, 2015

Safety Focus

WEATHER

The weather is something we can't do much about. Yet it affects our safety, so we have to take precautions against it. Don't overexert yourself when shoveling snow, for example – a shovelful can weigh more than you may think. Keep a strong questioning attitude when it comes to the weather. Finish 2015 Strong by making weather issues a part of every pre-job brief.

Health Tip of the Day

ASTHMA

About 25 million Americans have asthma. If you have asthma, it is very important that you work with your doctor to develop an asthma action plan. This plan can help you successfully manage your symptoms by helping you know when and how to take your medicines. It also will help you identify your asthma triggers. Some of the most common asthma triggers are allergens from dust, animal hair, mold, tree and grass pollen, air pollution and cigarette smoke. Source: National Institutes of Health

D&I Focus

In recognition of Native American (American Indian, Native Hawaiian and Alaskan Native) Heritage Month, November's diversity quotes have been selected from Native American wisdom. Reflect on the lessons they may provide us in our daily lives, both at work and at home.

Human kind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. *Chief Seattle, 1854*

Today is... All Saints Day

Hazard Recognition: Cold Weather



November 2, 2015

Safety Focus

DRIVING-DAYLIGHT SAVING TIME

With the end of daylight saving time comes an increase of darkness around the time of rush hour, when traffic is at a peak and many are making their way home from work. The National Road Safety Foundation has done studies proving that auto accidents increase after the clocks fall back an hour. Besides the lack of visibility, the NRSF notes that commuting in the dark can also make drivers drowsier than usual. Have you got a lead foot? Finish Strong by committing to slowing down and becoming a conservative driver. Don't get caught in the First Shift/Late Shift trap. (What could be better than saving money on speeding tickets?)

Health Tip of the Day

SUGAR ON FOOD LABELS

Added sugars bring calories to foods without any nutritional value. Right now, it's hard to know how much added sugar is in the foods you buy, but the Food and Drug Administration is trying to change that. The Dietary Guidelines Advisory Committee recommends limiting added sugars to less than 10 percent of total calories per day. A new labeling rule would add the percent daily value for added sugars to the nutrition facts label of packaged foods. The rule isn't a sure thing yet, but it's open for public comment and could change food labels in the future. Source: Food and Drug Administration

D&I Focus

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Paddle together, bail, paddle; paddle, bail; paddle towards the land. *Hawaiian Proverb*

Today is... All Souls Day

Hazard Recognition: Cold Weather



November 3, 2015

Safety Focus

COLD FACTS ABOUT WINTER HAZARDS

Staying warm and dry when you're out in the cold is essential. If your job involves working in cold conditions, this does not just mean the outdoors; it also means food storage freezers and meat-packing plants. You're at special risk in cold conditions, if you are an older person or have circulatory problems, which makes it difficult to stay warm. It's important to keep physically active while working in the cold. It's also a good idea when you are working in cold conditions to work with a companion. Don't let yourself get caught in the physical environment trap. Finish Strong by keeping watch on each other for warning signs of overexposure to cold.

Health Tip of the Day

WATCH FOR EXTRA CALORIES

Believe it or not, occasional overeating does not have to make a big impact on body weight. The extra calories can often be offset by careful choices on other days. But eating extra calories every day is different. Overeating by even as little as 100 calories per day can add up over the course of a year, leading to weight gain. That's fewer calories than you'll find in a 12-ounce can of sugared soda, a typical candy bar or a half-cup of regular ice cream. Focus on eating a balanced diet rich in fruits, vegetables and whole-grains. Source: Academy of Nutrition and Dietetics

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It does not take many words to speak the truth. *Chief Joseph Nez Pearce*

Today is... Sandwich Day



Hazard Recognition: Cold Weather

November 4, 2015

Safety Focus

EMPLOYEE INCIDENT REPORTING

An incident is similar to an injury event except that it does not necessarily result in injury or damage. No matter how trivial they are, incidents should be reported to supervision just as injuries are. Employees should be encouraged and periodically reminded about the importance of reporting incidents, or as they are frequently called, near misses. Nothing is learned from unreported incidents. When incidents are not reported, their causes usually go uncorrected. That means they may happen again, perhaps producing tomorrow's disabling injury or fatality. Finish Strong by reporting all incidents.

Health Tip of the Day

NUTRITION AND DENTAL HEALTH

Dental cavities are formed when bacteria in your mouth (from dental plaque) mix with carbohydrates and sugars in your diet and produce acids. These acids can eat away at tooth enamel, causing decay. To reduce your risk of cavities, drink plenty of water each day. Water is needed to produce adequate saliva, which helps to protect your teeth. Chewing sugarless gum can also stimulate salivary flow. Always brush twice a day, floss daily and visit your dentist regularly for checkups and professional cleanings. Source: American Dental Association

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You never really know your friends from your enemies until the ice breaks. *Eskimo Proverb*

Today is... King Tut Day

Hazard Recognition: Cold Weather



November 5, 2015

Safety Focus

FROSTBITE DO'S AND DON'TS

If you suspect you or someone else may have frostbite, the treatment is simple. Remove any wet or cold clothing and replace with soft, dry, warm items wrapped loosely around the affected extremity. Equally important is what not to do. Never rub a frostbitten extremity. Also, never warm a frostbitten extremity and allow it to refreeze. The damage done by the second freezing is much more severe than the damage done by the first freeze. Keep a strong questioning attitude when working in cold temperatures.

Health Tip of the Day

CHECK YOUR CUTTING BOARDS

When is the last time you took a look at your cutting boards? It's a good idea to have a few on hand, so you can use one for raw meats, poultry, and seafood and separate ones for fresh produce and foods that are already cooked. There are many different types available, but nonporous surfaces like plastic, marble and glass are easiest to clean. Cutting boards do tend to wear out over time. For those with excessive wear or hard-to-clean grooves, it's time for a replacement. Source: USDA Food Safety and Inspection Service

D&I Focus

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Be strong when you are weak. Be brave when you are scared. Be humble when you are victorious. *Unknown*

Today is... Guy Fawkes Day

Hazard Recognition: Cold Weather



November 6, 2015

Safety Focus

WORKPLACE VOILENCE

It's a sad fact that violence in the workplace has become a serious issue for all kinds of businesses. Homicide has become the second leading cause of death on the job, after motor vehicle accidents. For women, workplace homicide is the leading cause of workplace death. Sometimes personal problems can spill over into the workplace. An abusive partner or one unable to accept the breakup of a romance or marriage may track an employee to work and trigger a physical attack. If there is a grudge or romantic obsession, the employee may be stalked or threatened at work. Alcohol or drug abuse can make a person who is upset become violent. Don't ignore signs of violence in others such as vowing revenge, intimidating others, talking about weapons, holding grudges, blaming others for problems, and having angry outbursts. Most definitely report them to your supervisor. Finish Strong and support one another.

Health Tip of the Day

WORKOUT BUDDY

If you find it hard to motivate yourself to exercise, consider finding a workout partner. According to our fitness experts, a lot of people miss fewer workouts when they are scheduled to meet someone else. Meeting a friend for a regular walk or gym session makes you accountable to each other. It also gives you time to catch up and often makes your workout more fun! Source: HealthFitness

D&I Focus

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There is a battle of two wolves within us. One is evil. It is anger, greed, resentment, jealousy, lies, inferiority and ego. The other is good. It is joy, peace, love, humility, kindness, empathy and truth. The wolf that wins: the one you feed. *Cherokee proverb*

Today is... Constitution Day (Dominican Republic/Puerto Rico)



Hazard Recognition: Cold Weather

November 7, 2015

Safety Focus

CARBON MONOXIDE

The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire. Never use a generator, grill, other gasoline, propane, natural gas or camp stove or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors. Always follow equipment procedure. Finish Strong and learn about your heating equipment by reading the manufacturer's instructions. (Yes! Read the directions!)

Health Tip of the Day

SNEAKY VEGETABLES

Tired of eating plain veggies? Look for new ways to increase your vegetable intake. Try adding finely chopped, shredded, or pureed vegetables to any recipe. Vegetables such as broccoli, tomatoes, onions and mushrooms make tasty additions. They can be added to casseroles, rice dishes, sauces, omelets, soups and pastas. Source: HealthFitness

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Be selective in your battles. Sometimes peace is better than being right. *Unknown*

Today is... Book Lovers Day

Hazard Recognition: Cold Weather



November 8, 2015

Safety Focus

HOME FIRE

Heating sources are the second leading cause of home fire deaths, and fatal home fires increase during the winter months. Procedure usage for fire emergencies is important. Make sure all household members know two ways to escape from every room of your home, and set up a meeting place outside in case of fire. Practice escaping from your home at least twice a year and at different times of the day. Teach household members to stop, drop and roll if their clothing should catch on fire. Finish Strong! Make a home emergency procedure!

Health Tip of the Day

GASTRIC SURGERY

If you or someone close to you has considered gastric surgery for obesity, gather as much information as possible before making a decision. Weight-loss surgery is certainly safer than it was a decade ago but it is not without risk. Weight-loss surgery also requires a constant commitment to dietary and lifestyle changes in order to achieve and maintain success. Source: National Institute of Diabetes and Digestive and Kidney Diseases

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Those who know how to play can easily leap over the adversaries of life. And one who knows how to sing and laugh never brews mischief. *Eskimo Proverb*

Today is... Cook Something Bold Day

Hazard Recognition: Cold Weather



November 9, 2014

Safety Focus

WINTER SUN

When faced with a hot, sunny day at the beach, most of us recognize the need for sun protection, but what about winter sun? Like sunshine in the summer, winter sunshine contains two types of radiation that are dangerous: ultraviolet-A and ultraviolet-B. It's just as important to protect yourself from the winter sun as it is when you are headed to the beach. Protecting your eyes and skin will prevent long-term damage and allow you to enjoy your time in the sun. Wear sunglasses. When it comes to your eyes, the winter sun can be blinding – literally. Overexposure to ultraviolet rays can damage your retinas.

1. Winter sun reflecting off snow and ice is more blinding than summer sun reflecting off water. If bright enough, it can cause a temporary (but very painful) condition called snow blindness, burning the surface of the eye. Overexposure can also cause eye growths, cancers and cataracts.
2. Wear sunscreen. Just like the summer sun, overexposure to winter sunlight will give you sunburn. Sunscreen will filter out the harmful rays and allow you to work safely. The higher the SPF rating, the more protection you'll enjoy.

Health Tip of the Day

SAVE YOUR BACK!

Leading a healthy lifestyle is important for preventing back pain and injury. Some key practices are having good posture while sitting and standing, exercising on a regular basis, using proper lifting techniques, and maintaining a healthy weight. In addition, it's important to avoid tobacco since smoking and nicotine can weaken your spine. Following these steps will help keep your spine in line and help you stay on a path to good physical fitness. Source: American Academy of Orthopaedic Surgeons

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Be strong enough to stand alone. Be yourself enough to stand apart. But be wise enough to stand together when the time comes. *Unknown*

Today is... Chaos Never Dies Day



Hazard Recognition: Cold Weather

November 10, 2015

Safety Focus

ATTITUDE AND BEHAVIOR

Humans instinctively seek to avoid pain and death. And yet, we may behave in a manner that is a threat to our well-being. There are a couple of reasons why this occurs. The first is lack of knowledge. What you do not know, can hurt you! The second reason we may act in a risky manner is attitude. Now might be a good time to do a quick self-analysis. What is your attitude toward safety? Remember, attitude affects behavior. If you have a positive attitude, odds are you will exhibit safe behavior. A negative attitude toward safety will only cause conflict, stress and, ultimately, an accident. Finish Strong! Check Your Attitude!

Health Tip of the Day

HEALTHY SNACKING FOR KIDS

The kids are back to school and this often means busy schedules. Before heading out the door for soccer or volleyball practice, be sure to offer your kids a healthy snack. Encourage choices with moderate carbohydrates, some protein, and a little fat. Good examples include a smoothie made with low-fat yogurt and fresh berries, apple slices with peanut or almond butter, or fresh veggies with low-fat cheese and whole-grain crackers. Source: HealthFitness Dietitian

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It is better to have less thunder in the mouth and more lightening in the hand.
Apache Proverb

Today is... USMC Day

Hazard Recognition: Cold Weather



November 11, 2015

Safety Focus

SEVEN COMMON ACCIDENT CAUSES

Consider this statistic: 80 out of every 100 accidents are the fault of the person involved in the incident. Unsafe Acts cause four times as many accidents & injuries as unsafe conditions. There are seven common causes for accidents: taking short cuts, being over confident, starting a task with incomplete instructions, poor housekeeping, ignoring safety procedures, mental distractions and failure to pre-plan the work.

"It is better to be careful 100 times than to get killed once." (Mark Twain)

Finish Strong: Commit yourself to improving your safety knowledge.

Health Tip of the Day

BREAST CANCER HEALTH

Breast cancer affects about one in eight women. It is one of the most common cancers in women of all major racial and ethnic groups in the United States. We still don't know the best way to prevent breast cancer, but there are several lifestyle behaviors that can help lower a person's risk of getting the disease: stay physically active, maintain a healthy weight, and limit the amount of alcohol that you drink.

Source: Centers for Disease Control and Prevention

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VETERANS DAY. According to the Department of Defense, American Indians and Alaska Natives have one of the highest representations in the armed forces. Today, we honor all Veterans who have served.

Today is... Veterans Day



Hazard Recognition: Cold Weather

November 12, 2015

Safety Focus

Driving in Snow

Tips for driving in the snow - Accelerate and decelerate slowly, drive slowly, know your brakes, don't stop if you can avoid it, don't power up hills, don't stop going up a hill, increase stopping distant to eight to 10 seconds, and if possible stay home. Finish Strong: Don't be overconfident in winter driving.

Health Tip of the Day

ICE FOR INJURIES

The next time you twist, pull or strain something, think twice about grabbing a heat pack. According to the American College of Sports Medicine, the best way to treat an acute injury (e.g., pulled muscles, sprains) in the first 48 to 72 hours is with ice. An ice pack or frozen gel pack wrapped in a thin towel will help lessen the pain and reduce swelling associated with the injury. Do not apply for more than 20 minutes and wait at least 20 minutes before applying it again! Source: American College of Sports Medicine

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Man cannot discover new oceans unless he has the courage to lose sight of the shore. *Unknown*

Today is... Birth of Baha'u'llah

Hazard Recognition: Cold Weather



November 13, 2015

Safety Focus

HEART ATTACKS AND THE COLD

Heart Attacks – It's true that there are numerous risk factors for heart attack, but did you know heart attacks are more common in winter? This may be because cold snaps increase blood pressure and put more strain on the heart. Also, your heart also has to work harder to maintain body heat when it's cold. Finish 2015 strong by committing to improving your heart health.

Health Tip of the Day

PREVENT SHINGLES

Shingles, also known as herpes zoster, is caused by the varicella-zoster virus, the same virus that causes chickenpox. The condition causes a painful skin rash, which can continue to be painful even after the rash is gone. Men and women who are age 60 or older are at greater risk for developing shingles. The Centers for Disease Control and Prevention recommend a single dose of shingles vaccine for adults 60 years and older. As always, talk with your doctor to decide if the vaccine is right for you. Source: Centers for Disease Control and Prevention

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No one is hurt by doing the right thing. *Hawaiian Proverb*

Today is... World Kindness Day

Hazard Recognition: Cold Weather



November 14, 2015

Safety Focus

PETS - COLD WEATHER

Just like people, pets' cold tolerance can vary from pet to pet based on their coat, body fat stores, activity level and health. Be aware of your pet's tolerance for cold weather, and adjust accordingly. You will probably need to shorten your dog's walks in very cold weather to protect you both from weather-associated health risks. Arthritic and elderly pets may have more difficulty walking on snow and ice and may be more prone to slipping and falling. Long-haired or thick-coated dogs tend to be more cold-tolerant, but are still at risk in cold weather. Short-haired pets feel the cold faster because they have less protection, and short-legged pets may become cold faster because their bellies and bodies are more likely to come into contact with snow-covered ground. Pets with chronic diseases may have a harder time regulating their body temperature. If you need help determining your pet's temperature limits, consult your veterinarian. Keep a strong questioning attitude while in cold weather.

Health Tip of the Day

JUST 150 MINUTES MAKES A DIFFERENCE

All healthy adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity every week. These types of activities include: walking, hiking, raking leaves, dancing and biking. If 150 minutes each week sounds like a lot, break it up into smaller chunks. Try 10 minutes, three different times a day or two bouts of 15 minutes each. Source: Centers for Disease Control and Prevention

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Perhaps they are not stars, but rather openings in heaven where the love of our lost ones pours through and shines down upon us to let us know they are happy. *Eskimo Proverb*

Today is... World Diabetes Day



Hazard Recognition: Cold Weather

November 15, 2015

Safety Focus

FIGHT THE FLU

Even healthy people can get very sick from the flu and spread it to others, it's important to protect yourself. Finish 2015 Strong:

- Get vaccinated
- Wash your hands with soap and water
- Do the elbow cough
- Disinfect surfaces
- Drink water
- Avoid sick people
- and stay home if you are sick.

Health Tip of the Day

STEPS TO FIGHT THE FLU

Did you know that the flu virus is mainly spread from coughs and sneezes? Protect your health this flu season by taking the following steps:

1. Take time to get a flu vaccine.
2. Take everyday preventive actions, like washing your hands with soap and water and covering your nose and mouth with a tissue when you cough or sneeze.
3. Avoid touching your eyes, nose or mouth.
4. Try to avoid close contact with sick people. For more information visit:
www.flu.gov.

D&I Focus

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They will talk with you and you will know each other. If you do not talk with them, you will not know them, and what you do not know you will fear. What one fears, one destroys. *Native Wolf Canada*

Today is... Sichi-Go-San (Japan)



Hazard Recognition: Cold Weather

November 16, 2015

Safety Focus

JOB BRIEFINGS

Job briefings are not only an important aspect of our daily work habits; they are also mandated through OSHA. The OSHA regulation states, we the employer shall ensure that the employee in charge conducts a job briefing with the employees involved before they start each job. Please notice that OSHA says “each job” and not just at the beginning of each day.

1. All hazard associated with the job (include all hazards: physical, mechanical & natural.)
2. Work procedures involved, proper tools needed, clearances, hold offs, what each individual will be doing and where they will be doing it from, etc.
3. Any special precautions or unique situations particular to that job, any mechanical limitations etc.
4. Energy source controls, proper tagging, grounding, clearances etc.
5. Clear and concise communications with dispatch,
6. Proper PPE, safety glasses, hard hats, face shields, rubber gloves, etc.

Ask the question, “Are there any special PPE’s required for this particular job?”
Finish 2015 Strong by helping make sure that pre-job briefs are comprehensive.

Health Tip of the Day

PROSTATE CANCER

The death rates from prostate cancer have dropped during the past 20 years. While this is great news, it is still the most common non-skin cancer in American men. Some factors that influence a person's risk for developing prostate cancer are:

1. Age. The average age of diagnosis in the U.S. is 69 years.
2. Race. African-Americans have a greater chance of developing prostate cancer than white men.
3. Family history. A man has a higher risk of developing the disease if his father or brother had it.

Source: National Cancer Institute

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Like the wolf during a full moon, may your heart have many songs to sing. *April Peerless*

Today is... International Day of Tolerance



Hazard Recognition: Cold Weather

November 17, 2015

Safety Focus

SPECIAL WINTER HAZARDS

There are three special circumstances directly related to utility work that have great potential for causing serious frostbite. All three involve situations in which heat can be rapidly drawn off the skin. The first two involve metal surfaces. When a worker handles a large metal tool without gloves or with inadequately gloved hands, there is potential for frostbite to burn the palm of the grasping hand. In some instances an outdoor metal enclosure, such as a smaller, unheated radio repeater structure, can act as a metal tool in conducting the heat away from a worker's hands. This type of injury is common when workers remove gloves to work with small components close to the outside walls of enclosures, according to Art Seely, President of Snow Operations Training Center. Finish Strong and keep your gloves on, unless absolutely necessary!

Health Tip of the Day

PRESSED FOR TIME? THINK VIGOROUS EXERCISE

If you are a seasoned exerciser but pressed for time, consider doing more types of physical activities that require vigorous effort, such as jogging or swimming laps. You can gain the same health benefits as you would with moderate activities but in about half the time. If you haven't been active for a while, it's a good idea to increase your activity slowly. For example, you want to feel comfortable walking before you start jogging. Source: Centers for Disease Control and Prevention

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Listen with your heart. Learn from your experiences. And always be open to new ones. *Cherokee Proverb*

Today is... World Peace Day



Hazard Recognition: Cold Weather

November 18, 2015

Safety Focus

SAFETY IT'S YOUR CHOICE

Believe it or not, but it is “your choice” if you are going to get injured. It is your choice whether you take that shortcut or do the job right. It is your choice whether you follow the safety rules or not. The end result is not your choice. If you choose to take that shortcut, you are giving up “your choice” to remain injury free. Finish 2015 Strong! Make the right choice! Don't take shortcuts! Follow the safety procedures for your task, at home, at work, and at play.

Health Tip of the Day

BENEFITS OF VOLUNTEERING

Volunteering is a great way to get involved in your community and serve others. Sharing your time and talents can help you build new skills and social connections. It has also been linked to health benefits such as lower mortality rates and a lower risk of depression. There are countless opportunities to lend a helping hand, so if you are interested in volunteering, take some time to explore your options. For more information on volunteering, visit the Corporation for National and Community Service at www.nationalservice.gov. Source: Corporation for National and Community Service

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All things share the same breath – the beast, the tree, the man. The air shares its spirit with all the life it supports. *Chief Seattle*

Today is... Independence Day (Latvia, Morocco)

Hazard Recognition: Cold Weather



November 19, 2015

Safety Focus

HYPOTHERMIA

Watch for hypothermia and frostbite. Hypothermia symptoms include confusion, dizziness, exhaustion and severe shivering. Frostbite symptoms include numbness, flushed gray, white, blue or yellow skin discoloration, numbness, or waxy feeling skin. If symptoms are noticed:

1. Call 911
2. Restore warmth slowly
3. Began CPR, if necessary
4. Give warm fluids
5. Keep body temperature up
6. Follow up with medical professional

WebMD Medical Reference

Finish 2015 Strong by preventing hypothermia before symptoms appear! Include hypothermia as a hazard on applicable JHA's and pre-job briefs.

Health Tip of the Day

APPLES: THE FALL FRUIT

You know the saying, "an apple a day keeps the doctor away." Whoever coined this phrase was right; apples certainly do pack a nutritional punch. They are rich in nutrients, such as vitamin C and dietary fiber. Best of all, they are delicious and available year-round. As other fruits begin to lose their zest in the fall, apples remain crisp and full of color. Apples also make a great after-school snack. Try slicing and serving them with fruit dips or with a drizzle of caramel or peanut butter. Source: HealthFitness dietitian

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Every time you wake up, ask yourself "What good things will I do today?" Remember when the sun goes down at sunset, it will take a part of your life with it. *Native American Proverb*

Today is... Great American Smoke Out Day



Hazard Recognition: Cold Weather

November 20, 2015

Safety Focus

HOLIDAY COOKING SAFETY

Be sure to always take the proper safety precautions when preparing food. There is no room for error when it comes to cooking a meal. Food that is under cooked or prepared wrong can make you or others that eat it extremely ill. The guidelines for food safety are easy to follow once you know them and can save you a lot of pain and trouble by taking the time to learn and follow them correctly. Finish 2015 Strong! Learn!

Health Tip of the Day

HEALTHY WEIGHT LOSS

Experts agree that a diet containing very few calories can slow your metabolism. As a result, your body starts to burn fewer calories each day, making weight loss harder and weight gain easier. Healthy weight loss is about making lifelong lifestyle changes by gradually altering your eating habits and getting more exercise. Not only will this approach help you lose weight safely, it is also easier to maintain simple lifestyle changes with better long-term results. Source: American Journal of Clinical Nutrition

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We will be known forever by the tracks that we leave. *Dakota*

Today is... Day of Remembrance

Hazard Recognition: Cold Weather



November 21, 2015

Safety Focus

COLD WEATHER DRIVING

AAA recommends the following winter driving tips:

- (1) Avoid driving while you're fatigued.
- (2) Never warm up a vehicle in an enclosed area, such as a garage.
- (3) Make certain your tires are properly inflated.
- (4) Never mix radial tires with other tire types.
- (5) Keep your gas tank at least half full to avoid gas line freeze-up.
- (6) Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- (7) Always look and steer where you want to go.

Finish Strong by doing a Winter Driving Job Hazard Analysis.

Health Tip of the Day

SELECTING A HOME TREADMILL

Are you planning to buy a home treadmill? Here are some guidelines to consider. Look for one with a minimum 2.0 continuous duty horsepower motor. The belt should be at least two-ply, 17 inches wide and 49 inches long. If you have shin splints, foot, or back problems, look for a low-impact deck that flexes to absorb shock without rebounding to cause additional jarring. Before you buy, ask about other features and maintenance costs to ensure your new treadmill will meet your current and future needs. Source: American Council on Exercise

D&I Focus

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Don't let yesterday take up too much of today. *Unknown*

Today is... National Adoption Day

Hazard Recognition: Cold Weather



November 22, 2015

Safety Focus

POWER OUTAGES

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. Finish Strong! When in doubt, throw it out!

Health Tip of the Day

WEIGHT TRAINING FORM

Allowing poor form when you lift weights can lead to injuries. Reduce your risk of injury by only lifting as much weight as you can handle while still using proper technique. If you are a beginner, consider hiring a certified professional trainer to guide you during your first workouts. He or she can help keep you safe while showing you how to get the most from your fitness routine. Source: HealthFitness

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A pearl is worthless as long as it is hidden in its shell. *Native American proverb*

Today is... Feast of Christ the King

Hazard Recognition: Cold Weather



November 23, 2015

Safety Focus

COLD WEATHER WORKERS

Prolonged exposure to freezing or cold temperatures, such as working in the outside in the cold, may cause serious health problems such as trench foot, frostbite and hypothermia. In extreme cases, including cold water immersion, exposure can lead to death, quickly! Danger signs include uncontrolled shivering, slurred speech, clumsy movements, mental fatigue and confused behavior. Finish Strong! Be your brother's and sister's keeper.

Health Tip of the Day

VEGGIE VS. STARCHY VEGGIE

It's true! Not all vegetables are created equal when it comes to calories. Starchy vegetables, such as potatoes, peas and corn, generally contain more calories per cup than non-starchy vegetables like carrots, broccoli, asparagus and spinach. But, starchy veggies are still wonderful sources of fiber and other nutrients. Consider choosing a colorful variety of vegetables every day as part of a nutrient-rich eating plan. Source: Dietary Guidelines for Americans

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Mistakes are proof that you are living. *Unknown*

Today is... National Cashew Day



Hazard Recognition: Cold Weather

November 24, 2015

Safety Focus

TREACHEROUS BLACK ICE

You can be driving along a bare highway and the next thing you know you've done a 360-degree spin and you're upside-down in a ditch. That's what can happen when you encounter black ice, an extremely dangerous driving condition. Black ice develops on road surfaces when temperatures are near the freezing mark. Snow melts and freezes again, or rain falls and freezes on the pavement. Frost can also create unexpected icy conditions. Black ice is so dangerous because it is almost invisible. The road surface looks bare and dry, and the driver feels safe driving at normal speeds. In these conditions slow down and give yourself extra space between vehicles. Finish Strong!

Health Tip of the Day

FOOD SAFETY AND SCHOOL LUNCHES

Millions of kids pack a lunch for school every day. By following a few basic tips, you can help your child avoid getting sick from a lunch that was not kept at a proper temperature. Keep perishable food items, such as meat, poultry or egg-salad sandwiches, cold. Insulated lunch boxes with at least two freezer gel packs can help keep everything cold until lunch time. Gel packs are not meant for all day storage, so it is best to discard perishable foods after lunch. Source: USDA Food Safety and Inspection Service

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Great Spirit, Grant that I may not criticize my neighbor until I have walked a mile in his moccasins. *Indian Prayer*

Today is... Evolution Day

Hazard Recognition: Cold Weather



November 25, 2015

Safety Focus

THANKSGIVING EVE SAFETY

According to the U.S. Fire Administration, more than 4,000 fires happen each Thanksgiving Day, usually in the kitchen! Never leave your food unattended while frying or grilling. Use a timer and routinely check whatever you're cooking. Never use a glass casserole or lid on the stove or burner, as it may explode from the heat. If frying or deep-frying, keep the fryer outside, away from walls, and free from moisture. Pot holders and food wrappers should be a safe distance - at least 3 feet! - from warmed surfaces (i.e. the stove). Position those handles so that they face inward. Never douse a grease fire with water, as the fire will then rapidly spread, due to the water boiling violently – and splashing the burning grease onto surrounding surfaces. Turn off the burner, smother the flames with a lid (wearing an oven mitt!), or douse with baking soda or a fire extinguisher if it's getting out of hand. Finish 2015 Strong: Keep a fire extinguisher handy in the kitchen, and know how to use it. Ensure your smoke alarms are connected and working. Always follow manufacture procedures while cooking or frying.

Health Tip of the Day

TOO MUCH, TOO SOON?

Many people who are new to running (or starting again) make the "terrible too's" mistake. They get so excited about their running that they do too much mileage, too fast, too soon. They mistakenly think that more is better when it comes to running. As a result, they often start to develop common overuse running injuries. After purchasing good running shoes, start with a walk/run routine and increase the running time gradually as your muscles, tendons and joints adapt.
Source: HealthFitness

D&I Focus

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Let us put our minds together and see what life we can make for our children. *Sitting Bull*

Today is... International Day for Elimination of Violence Against Women



Hazard Recognition: Cold Weather

November 26, 2015

Safety Focus

S.T.A.R.

Today is a day of celebrations and thanks, but it is also a day to be aware of your surroundings at all times. At work, at home or with friends and family, we will all be out of the normal routines. Finish Strong! Practice S.T.A.R: STOP-THINK-ACT-REVIEW (even at home!) and be safe. Happy Thanksgiving!!

Health Tip of the Day

ALOE VERA JUICE

Should you drink aloe vera juice? Some manufacturers claim that this juice can help digestion and boost the immune system; however, many health experts are cautious. According to the National Institutes of Health, there is a lack of scientific data behind many of these claims. Side effects may also include abdominal cramps and diarrhea. When considering any herbal nutritional product, talk with your doctor first about possible risks and side effects. Source: National Institutes of Health

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We do not inherit the earth from our ancestors; we borrow it from our children.
Native American Saying

Today is... Thanksgiving Day

Hazard Recognition: Cold Weather



November 27, 2015

Safety Focus

SAFE BLACK FRIDAY

Black Friday, which is considered the unofficial start to the holiday shopping season, also brings out thieves, pickpockets and others who are looking to take advantage of unsuspecting shoppers. Have a safety plan.

- Map out your shopping route
- Practice patience
- Conceal your purchases - put them the trunk
- Protect yourself - keep your purse close and shop in groups
- Park safely - know your surroundings
- DO NOT park near a cargo van.
- Obey the laws and buckle up.
- Try not to shop alone.

Finish Strong by using 'street smarts'! Happy Shopping!!

Health Tip of the Day

VEGETABLE JUICES

Vegetable juice can be an easy way to eat more vegetables. An 8-ounce serving of tomato juice equals two servings of vegetables, provides only 50 calories, and is an excellent source of vitamins A and C. However, aim to choose fresh (cooked or raw) or frozen veggies for the majority of your vegetable servings. Vegetable juices can be high in sodium and they are generally lower in fiber than most vegetables.

Source: Dietary Guidelines for Americans

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Yesterday is ashes; tomorrow wood. Only today the fire shines brightly. *Eskimo Proverb*

Today is... Black Friday



Hazard Recognition: Cold Weather

November 28, 2015

Safety Focus

COLD WEATHER HEALTH HAZARDS

Four cold-weather health hazards

1. Hypothermia - When your body temperature drops to 95 degrees F (35 degrees C) or less hypothermia happens and can be fatal if it is not detected promptly and treated properly.
2. Each year, adults get an average of about three colds every year, and 1 in 5 adults will get the flu. Although colds and flu aren't specific to cold-weather months, they're both more prevalent during winter.
3. Frostbite can cause a loss of feeling and color in the affected areas, such as the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissue, and severe cases can lead to amputation.
4. Depression-About 5 percent of Americans, three-quarters of them women, experience seasonal affective disorder each year, a type of depression that typically occurs during the cold-weather months.

Finish 2015 Strong! Start a winter health program! (Exercise – indoors if weather requires it – is good for the body AND mind.)

Health Tip of the Day

MANAGE YOUR WEIGHT

Losing weight doesn't have to mean eating less food. By substituting fruits and vegetables for higher calorie foods, you can eat the same amount of food with fewer calories. Instead of grabbing a high-calorie snack from the vending machine, try packing some cut-up vegetables or fruit from home. One snack-size bag of chips (one ounce) has the same number of calories as a small apple, one cup of whole strawberries AND one cup of carrots with one-fourth cup of low-calorie dip. Source: Centers for Disease Control and Prevention

D&I Focus

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Look at the faces of my people. You will find expressions of hope and joy, love and despair, sadness and desire. All of the human feelings that live in the hearts of people of all colors. Yet the heart never knows the color of the skin. *Chief Dan George*

Today is... Red Planet Day



Hazard Recognition: Cold Weather

November 29, 2015

Safety Focus

CHRISTMAS TREE FIRES

Now that Thanksgiving is over, many will be getting ready for Christmas. Christmas trees are involved in approximately 400 fires annually, according to the National Fire Protection Association. If you're buying an artificial tree, it should bear the "Fire Resistant" label. If you're buying a natural tree, buy the freshest you can find. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. Where the trunk is cut, it should be sticky with resin, when tapped on the ground. Because heated rooms dry out natural trees rapidly, keep the stand filled with water; and check the water level daily. A six-foot tree will absorb one gallon of water every two days. Finish 2015 Strong! Include Safety in your all of your holiday plans!

Health Tip of the Day

REGULAR PHYSICAL EXAMS

Tell your doctor your family medical history. Learn your personal risk factors, and the screening tests you need. Women may have mammograms to screen for breast cancer and Pap tests for cervical cancer. Men may have prostate cancer PSA tests. Routine screening for colorectal cancer should start at age 50, perhaps earlier if colon cancer runs in your family. You also need regular diabetes, blood pressure, and cholesterol tests. Make sure your immunizations are up to date. You may need flu and pneumonia shots, depending on your age. Source: WebMD

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When you are inspired to be and do your best, you find everything is right with your world. Your influence is operating at its highest level and it is time to influence others in gratitude. *Tony Ten Fingers, Wanbli Nata'u, Ogala Lakota*

Today is... Square Dance Day



Hazard Recognition: Cold Weather

November 30, 2015

Safety Focus

SAFE ONLINE SHOPPING

Cyber Monday - Although identity theft is more common in the real world, it still happens online frequently, as well as credit card fraud. So staying safe while you're shopping online is paramount. Here are five tips for shopping safely online:

- Choose a credit card over a debit card: Credit cards offer protection from identity theft that debit cards don't.
- Disposable Is better: Even better than using a credit card is to use a disposable credit card. Disposable credit cards work just like most gift cards. If the number from a disposable credit card is stolen, it's anonymous, and criminals can't gain access to anything more than the dollar amount that's still available on the card.
- Verify website security: A secure website starts with HTTPS:// instead of HTTP://. Secure sites will also have a small lock icon in the lower right corner of the screen.
- Don't shop publically: If you plan to do any shopping online, shop at home.
- Don't store information elsewhere: Do not click "Remember Me" or save credit card information on the site. If a company that you're shopping with has a data breach, your personal information could be put at risk.

Health Tip of the Day

LESS STRESS

When a person says they're too busy to exercise, it tells me other things are crowding out what's important in life: They don't spend time with family and friends; don't exercise enough; don't eat right; don't sleep properly. All these things reduces stress in your life, and that is critical to your health and longevity. To be healthy, we need to set boundaries -- and set limits on work hours. We should not be working so hard that we're neglecting the things that keep us healthy. This is important advice, too, for people who take care of elderly parents or young children. Make sure you're getting proper exercise and sleep - and that you're not trying to do too much. Source: WebMD

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Don't let the windows of your home be so small that the light of the sun cannot enter your rooms. *Eskimo Proverb*

Today is... Finish Strong Day!



Hazard Recognition: Cold Weather