

Focus on Guiding Principle #3:

“Line organizations are responsible for safety.”

March 2016

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Focus on Guiding Principle #3: “Line organizations are responsible for safety.”

Daily Safety and Health Topics

March 2016

Focus on Guiding Principle #3:

“Line organizations are responsible for safety.”

March is Women’s History Month which highlights the contributions of women to events in history and contemporary society.



Focus on Guiding Principle #3: “Line organizations are responsible for safety.”

March 1, 2016

Safety Focus

IMPORTANCE OF ACCIDENT PREVENTION

What are the things you want most out of life? Time with family and friends? Providing financial support to your loved ones? Protecting co-workers who depend on you? Enjoying hobbies, traveling, going to school or retiring early? All of these things are possible only if you stay fit and healthy. A risky habit or dangerous condition on the job is a threat to your freedom and your future. Working efficiently and without injury is the safest avenue leading from where you are to where you want to be in life. Think Consequence versus Likelihood.

Health Tip of the Day

March is Colon Cancer Awareness Month. Each year, more than 136,000 people are diagnosed with colorectal cancer and more than 50,000 die of the disease. With certain types of screening, this cancer can be prevented by removing polyps (grape-like growths on the wall of the intestine) before they become cancerous. Several screening tests detect colorectal cancer early, when it can be easily and successfully treated. Source: <http://preventcancer.org/learn/preventable-cancers/colorectal/>

D&I Focus

I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well. - Diane Ackerman

Today is ... [National Peanut Butter Lover's Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 2, 2016

Safety Focus

JOB KNOWLEDGE – A KEY TO JOB SAFETY

Since you began working here, you've seen signs, been in meetings and heard messages intended to help you work safely. The aim is that all of us are conscious of the need to work safely so that we and those around us stay safe and healthy. But we should also talk about the one thing that can do more to keep you from getting hurt than almost anything else: Knowing your job. When you know your job, you know the right way to work, the dangers of your work and what you should not do. There's a good reason for the protective equipment you're required to use. You also know there's a good reason for using work procedures designed to ensure you work safely. Know your job. If you do, you're much less likely to fall into the trap of overconfidence by thinking you're so skilled that you no longer need to guard against the dangers that are part of the job.

Health Tip of the Day

Hunger versus appetite: What's the difference between appetite and true hunger? Hunger is your body's physical need for food. Your stomach may growl and you may feel tired, slightly irritable, or even have a headache. Appetite is more related to the desire for food. It is the mental and emotional drive to eat, which can be affected by time of the day, food availability, social acceptance, stress and boredom. Tuning in to your body's signals and eating when you are truly hungry is an important part of healthy weight management. Source: HealthFitness dietitian

D&I Focus

Deliver me from your cold phlegmatic preachers, politicians, friends, lovers and husbands. - Abigail Adams

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 3, 2016

Safety Focus

NEATNESS DOES COUNT

Good housekeeping is essential in the workplace. When your workspace is clean, orderly and free of obstructions, you can get the job done safely and properly. A messy work area promotes accidents because it hides the hazards. These hidden hazards can cause you and others to succumb to illness and injury. Effective housekeeping takes an ongoing effort, not just hit-and-miss attempts to clean up once in a while. Periodic cleanups aren't enough to reduce workplace accident rates. Set your work area in order and keep it that way. Let working in an orderly fashion become second nature to you. It is one of the most important ingredients in doing things right and keeping yourself and others safe on the job.

Health Tip of the Day

EAT YOUR VEGGIES

One simple step in preventing chronic diseases is eating a diet rich in fruit and vegetables. Research has shown that a healthier diet can help reduce the risks for heart disease, some cancers, obesity, type 2 diabetes, heart attack and stroke. Take the simple step today by following the My Plate recommendations from the USDA of 2 cups of fruit and 3 cups of vegetable daily. Your body will thank you.

Source: <http://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

D&I Focus

Cautious, careful people, always casting about to preserve their reputation and social standing, never can bring about a reform. Those who are really in earnest must be willing to be anything or nothing in the world's estimation.

- Susan B. Anthony

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 4, 2016

Safety Focus

ON YOUR OWN TIME

Our goal at work is that safety will become an ingrained part of your job, day in and day out. But off-the-job safety is important, too. At work, you're part of a safety network that extends into many areas. There are rules and supervisors who work at ensuring we all work safe.

Off the job, though, you're on your own. You can leave safety glasses off when you're remodeling the kitchen, and you can balance a ladder on a box when you're painting the peaks on your house. You probably wouldn't hear a word out of anyone, but is that wise to deliberately leave safety at work?

Off-the-job safety is easier to apply if you practice it in earnest at work. So keep an eye out for hazards whether you're on the golf course, in your boat, or on the job. If you remember that you're priceless to your family, then it's easy to see why a 24-hour safety effort is necessary. Remember Consequence versus Likelihood.

Health Tip of the Day

Making Fitness Fun: Is increasing your fitness level on your priority list? If so, choose activities that you find fun and look forward to. Invite a friend or family member to join you for a daily walk. Take a new fitness class. Join an intramural sports team. Consider training for a 5K walk or run. The possibilities are endless! Whatever you decide to do, talk with your doctor before you get started (especially if you have any chronic health conditions, joint problems or are pregnant) and start slowly to prevent injuries. Source: HealthFitness

D&I Focus

All women's issues are to some degree men's issues and all men's issues are to some degree women's issues because when either sex wins unilaterally both sexes lose. - Warren Farrell

Today is ... [Employee Appreciation Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 5, 2016

Safety Focus

THE THREE-POINT RULE

Falling while getting into or out of vehicles or equipment is a sure way to get seriously hurt. Even an ankle sprain can make it difficult for you perform your normal job duties or functions. Minor injuries can cost you and your team. No matter what type of access system your vehicle has available, use the THREE-POINT system to significantly reduce the chance of a slip or fall. The THREE-POINT system means *three* of your *four* limbs are in contact with the vehicle at all times - two hands and one foot, or two feet and one hand. The THREE-POINT system allows you to have maximum stability and support, reducing the likelihood of slipping and falling. The only person who can prevent a fall is you!

Health Tip of the Day

EXERCISE WISELY

If you have chronic knee pain, consider swimming or water exercises. In water, the force of buoyancy supports some of our weight so our knees do not have to. If you don't have access to a pool or do not enjoy water activities, at least try to limit hard pounding and twisting activities such as basketball, tennis or jogging. You may find that your aching knees will act up if you play basketball or tennis every day but will not if you limit your pounding sports to twice a week. Whatever you do, respect and listen to your body. If it hurts, change what you are doing. If you are fatigued, consider stopping – many injuries occur when people are tired. Source: WebMD

D&I Focus

One is not born a woman; one becomes one. - Simone de Beauvoir

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

Focus on Guiding Principle #3: “Line organizations are responsible for safety.”

March 6, 2016

Safety Focus

ACCIDENT CAUSES

Our primary concern when we discuss the factors or causes behind an accident is to find a way to prevent a recurrence. The cause of an accident can usually be found in two areas: *unsafe acts and unsafe conditions*. We as individuals control the first cause, *unsafe acts*. Unsafe acts may include using defective or damaged equipment, using the wrong tool for the job, not wearing proper PPE or improperly lifting heavy objects. The second accident factor or cause is *unsafe conditions*. These can be found almost anywhere and include inadequate guard rails, poor lighting or ventilation, improper or missing container labels, and the ever-obvious spill on the floor. You can make a difference by taking the time to perform your work safely, removing the hazards you find and reporting other unsafe conditions you discover to your supervisor immediately. Remember – it takes commitment from everyone, top to bottom of the organization, to Live Safe!

Health Tip of the Day

USING BAD FORM WHILE EXERCISING

Using bad form doesn't just compromise your workouts, it also puts your body at risk, possibly leading to pain or injuries. Bad form comes in many shapes and sizes, but a few common mistakes: **Straining the knees**. When doing squats or lunges, keep the knees behind the toes. Pushing the knees forward puts pressure on the joints and could cause injury. To avoid this, learn proper form for squats and lunges or work with a professional. **Rounding the back**. When bending over for an exercise, such as dumbbell rows, keep the back flat or slightly arched to protect the back from injury. To make it easier, bend the knees or raise up until you can keep the back flat. In general, good form ensures you're getting the most out of each exercise.

Source: <http://exercise.about.com>

D&I Focus

I've been a woman for a little over 50 years and have gotten over my initial astonishment. As for conducting an orchestra, that's a job where I don't think sex plays much part. - Nadia Boulanger

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 7, 2016

Safety Focus

LEARNING FROM OTHERS

A complete understanding of why past unplanned events happen can help us prevent future ones. Here are four major causes for injuries on the job:

- **Back injuries** – To protect your back against injury, learn and use proper lifting techniques. Whenever possible, use a mechanical aid or get help with the load from another worker. Don't go it alone.
- **Hitting or striking against** – The best way to protect against these accidents is to be alert to the potential hazards and to use appropriate protective equipment. Be aware of your body and the space around you.
- **Falls** – To avoid injuries from falls, be sure that your footing is firm and wear slip-resistant soled shoes. Don't walk backward to direct equipment or leap from one level to another. Make sure you can see over the load you carry and that walkways are well-lighted and clear of obstacles. Clean up spills or grease spots and use handrails when walking on stairs.
- **Machine Accidents** – When working around any moving equipment (a machine that rotates, slides, or presses) always use safety shields, guards and lock-out procedures. Only work on a machine that you have been trained to use. Never wear jewelry or loose-fitting clothing that could get caught in the moving equipment.

Be alert to the hazards and learn what you should do to protect yourself against accidents and injuries

Health Tip of the Day

SEEKING NUTRITION ADVICE?

Nutrition advice is everywhere, especially as a new year begins, but how do you know if the information is credible? According to the Academy of Nutrition and Dietetics, look for the RD or RDN credential when seeking nutrition advice or expertise. The term "nutritionist" can be used by anyone, but a registered dietitian (RD or RDN) has completed specific educational and professional requirements in the field of nutrition science. When you look for nutrition advice, ask about background, education, training, experience and credentials. Source: Academy of Nutrition and Dietetics

D&I Focus

Somewhere out in this audience may even be someone who will one day follow in my footsteps, and preside over the White House as the President's spouse. I wish him well! - Barbara Bush

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 8, 2016

Safety Focus

WE KNOW BETTER!

Most of us have the necessary knowledge and experience to do our jobs and no one wants to hurt themselves or others. It's important to apply what we know so we can successfully work safe and live healthy. Don't take shortcuts.

- Choose NOT to walk under an overhead load to prevent that bump on the head.
- Operate circular saws WITH all the necessary guards to prevent cutting off your finger.
- Climb safely and use the same knowledge at home to work safely while painting your house.
- Drive defensively both at work AND when traveling with the family.
- Report it and fix the problem instead of leaving a trap for someone else.
- Grease and oil spills get cleaned up and no one gets hurt.
- Put tools and parts back where they belong before they become falling objects or we can trip over them.
- Horseplay can cause a lot of injuries – so refuse to participate in it.

All of the examples here show a choice – one where we refuse to tolerate unsafe work practices, and we continue to work to keep our defenses as strong as possible.

Health Tip of the Day

KEEPING A BACKUP EXERCISE PLAN

Everyone runs into an occasional hurdle with their exercise routine. For example, if your favorite cardio machine is being used or is broken, would you switch to another machine just to get your minutes in? If you usually swim but the pool is full, would you allow yourself to go for a walk instead? Being flexible and having a backup plan will help you stay on track with your physical activity program. Source: HealthFitness

D&I Focus

I am neither a man nor a woman but an author. - Charlotte Bronte

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 9, 2016

Safety Focus

TEAMWORK

We all know working together means lending a hand when you are asked and even when you're not asked. Consider these teamwork points to remember:

- What condition do you leave equipment in when you're through with it? Is it ready for the next person?
- If you see a hazard, correct it. If you can't, isolate or remove it from service and report it to your supervisor.
- If you have an idea that might help others, share it with your supervisor.
- Be willing to coach and be coached.
- Good manners and decent everyday behavior promotes teamwork and makes this a good place to work.

Teamwork takes commitment and practice. Have you practiced your teamwork skills today?

Health Tip of the Day

OUTDOOR SAFETY: TRAIL TIPS

- Before starting out, do warm up exercises
- Start out slowly, gradually increasing your pace and distance traveled
- Let the slowest person in your party set the pace, especially with children
- Leave your itinerary with a friend or family member
- Hike and travel in groups

Source: US Forest Service

D&I Focus

No written law has ever been more binding than unwritten custom supported by popular opinion. - Carrie Chapman Catt

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 10, 2016

Safety Focus

SETTING A GOOD EXAMPLE

We sometimes seem to be living in a copycat world. We're more likely to do things safely because we've seen others doing them that way. On the negative side however, we may be tempted to take an unsafe shortcut just because we've seen someone else do it and get away with it. We're always setting an example – you make a choice every time whether it's a good example or a poor one. When you choose to set the right example you impact others in many positive ways. New employees benefit by seeing operations conducted the safe way and your example helps cement their understanding of what's acceptable. Long-time employees can benefit from your example as well – remember the higher their skill level, the more they must guard against overconfidence. They need to see you doing the right thing. Actions speak louder than words so when it comes to safety, make a lot of noise.

Health Tip of the Day

STAND TALL WHEN STAIR CLIMBING

Walking stairs is a great way to burn calories, increase heart rate and build strength. When climbing stairs on a stair-climbing machine, at the office, or even at the mall, try not to lean forward. Staying upright forces your legs to lift the weight of your entire body. This provides more resistance and a more intense workout. Source: HealthFitness

D&I Focus

We must not, in trying to think about how we can make a big difference, ignore the small daily difference we can make, which, over time, add up to big differences that we often cannot foresee. - Marian Wright Edelman

Today is ... [Popcorn Lover's Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 11, 2016

Safety Focus

SAFETY ATTITUDE

All injuries are preventable. If we are going to prevent accidents, we must think about what we are doing, about the kind of accidents that might happen, and have a positive safety attitude. A good safety attitude means you have to know a lot.

Know Your:

- Human Performance Tool and Traps
- Job and exactly how it should be done safely.
- Tools and how to inspect and use them safely.
- Safety Rules that are designed to protect you from injury.
- Responsibilities to your family, employer, yourself, and your fellow workers.
- Hazards – be alert to all potential dangers around you and your fellow workers.
- Safeguards – learn what protects you, then use or wear the protective equipment provided.
- Consequences – carelessness often causes pain – personal and financial. Be safe, not sorry.
- Rewards – the advantages you gain by working safely.
- Remedies – correct hazards before accidents occur.
- Know Yourself – recognize your limitations, reactions, and weaknesses.

Know all you can about the job you're doing, and always practice safety first.

Health Tip of the Day

REALISTIC FITNESS GOALS

Do you expect too much when you try to increase your physical activity? Success often leads to more success, but very high goals can lead to frustration and possibly even injuries. Start slow and set realistic goals for yourself. For example, unless you are already very active, don't set your new goal as 60 minutes of vigorous exercise every day. Instead, consider starting with activities like brisk walking for 10 to 15 minutes several days a week. By conquering smaller goals first, you are more likely to continue. Source: HealthFitness

D&I Focus

Feminism's agenda is basic: It asks that women not be forced to 'choose' between public justice and private happiness. Susan Faludi, *Backlash: The Undeclared War Against American Women* (1991)

Today is ... [Johnny Appleseed Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 12, 2016

Safety Focus

DON'T NEGLECT MINOR INJURIES

Unlike cats, we don't have nine lives. We only have one, and it's very valuable. While we focus many times on the "big" hazards, we can't neglect minor injuries. Minor injuries can easily become major problems if they are not treated promptly. A scratch or minor cut, a small abrasion or a minor burn that is not treated can, in many cases, develop into a painful and serious injury. Be aware of first aid kit locations at work, in your home and in vehicles. Immediate treatment is the best prevention from an injury getting worse. Your health is more fragile than you think – don't take it for granted!

Health Tip of the Day

SLEEPING AND MEDICATION

Many prescription medications can impair the quality of your sleep. For instance, some medications for conditions such as high blood pressure, epilepsy and ADHD may also cause sleep problems. Check with your doctor if you think your medicine may be interfering with your sleep. Source: WebMD

D&I Focus

Toughness doesn't have to come in a pinstripe suit. - Diane Feinstein, *Time* magazine, 1984

Today is ... [Girl Scouts Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 13, 2016

Safety Focus

ACCIDENT PREVENTION

Accident prevention is everyone's responsibility and has a huge impact when everyone strives toward living safe. To achieve this, the following elements must be in place:

1. Management leadership and employees must all be committed to the safety of not only ourselves, but also our co-workers.
2. Assess the hazards both visible and with the potential to develop prior to working. Eliminate the hazards that are recognized through engineering controls and/or the use of personal protective equipment.
3. Proper training gives employees the knowledge that is necessary to recognize not only obvious hazards that are physically present in the field, but also to plan work so that hazards can be eliminated from all job tasks.
4. Accidents and incidents must be investigated in order to find the root cause and apply corrective actions, to prevent similar accidents or incident occurrences in the future.

Health Tip of the Day

CORE STRENGTH AND BACK INJURY PREVENTION

A research study analyzing the performance and injury rates of 433 Tucson, Arizona, firefighters showed a 62% decrease in lost time due to back injuries when participants performed a monitored functional flexibility and core strengthening exercise program. Injury statistics were collected up to one year period following training. Source: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1865378/>

D&I Focus

Parents can only give good advice or put them (children) on the right paths, but the final forming of a person's character lies in their own hands. - Anne Frank, *The Diary of a Young Girl*, entry for July 15, 1944

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 14, 2016

Safety Focus

HAND TOOL SAFETY

Hand tools are often overlooked as sources of potential danger. They are the cause of many injuries. These can be serious, including loss of fingers or eyesight. To avoid injury when using hand tools, take some preventive measures. Make sure you always use the right tool for the job and don't use broken or damaged tools. Use the right personal protective equipment (PPE) for the job. Never carry sharp or pointed tools such as a screwdriver in your pocket. Select ergonomic tools for your work task when movements are repetitive and forceful. Anticipate error-likely situations. You can help prevent injuries and provide a better workplace for everyone. Remember, an ounce of prevention is worth a pound of cure!

Health Tip of the Day

WARM UPS FOR EVERYONE

From musicians to massage therapists to rugby players, warmups are an essential part of their daily practices. The University of Rochester Medical Center recommends the following be part of every warmup:

- General warmup
- Stretching
- Specific warmup
- Psychological preparation

<https://www.urmc.rochester.edu/orthopaedics/sports/instructions-warm-up.aspx>

D&I Focus

The problem that has no name – which is simply the fact that American women are kept from growing to their full human capacities – is taking a far greater toll on the physical and mental health of our country than any known disease. - Betty Friedan, *The Feminine Mystique*, 1963

Today is ... [National Pi Day - Why today? Because today is 3.14, the value of Pi](#)

Focus on Guiding Principle #3: “Line organizations are responsible for safety.”

March 15, 2016

Safety Focus

WHAT IS SAFETY?

What is safety? Is it someone with the title of safety inspector walking around the job site saying: "Don't do this, don't do that?" Does safety mean danger and risk, or is it protection from injury or damage? It is all these things, of course, but it is also a great deal more. Safety is a way of life – meaning that it is not something we should have to stop and think about, but should be as familiar and as automatic as breathing. How do we get to where safety is 'automatic'? One word, namely... "Practice, practice, practice". Make safety a part of everything you do.

Health Tip of the Day

FINDING EXERCISE EQUIPMENT

If you are looking for home exercise equipment, the Federal Trade Commission recommends choosing equipment that fits your lifestyle and budget. Do you want to build strength, increase flexibility, improve endurance, or enhance your overall health? Knowing your goals will help you make a better selection. Also, be skeptical about outrageous claims. Some advertisers claim their products will give you a quick and easy way to get in shape and lose weight, but don't have the science to support it. If it sounds too good to be true, it probably is. Source: Federal Trade Commission

D&I Focus

Show me someone not full of herself and I'll show you a hungry person. - Nikki Giovanni, *Poem for a Lady Whose Voice I Line*, 1970

Today is ... [Ides of March](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 16, 2016

Safety Focus

TAKING SHORT CUTS

Everyone takes a shortcut at one time or another but in many cases, a shortcut involves danger. If you have the habit of taking dangerous shortcuts, break it. In any line of work, shortcuts can at best invite errors 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. You're expected to take the time to do your job safely, not to take shortcuts and risk the dangers. Avoiding dangerous shortcuts is up to you. Moreover, it is your responsibility to warn anyone else you see taking them.

Health Tip of the Day

WASHING PRODUCE

Fresh produce (even organic) can be contaminated with harmful bacteria from a variety of sources. All produce should be washed before using, whether it's from the store, the farmer's market, or your own backyard. Also, be sure to wash produce like onions or melons that will be peeled, so cutting into them doesn't transfer bacteria from the outside into the edible portion. Rinse fresh produce under running water and dry with a clean cloth or paper towel. Using soap or a commercial produce wash is not recommended. Source: U.S. Food and Drug Administration

D&I Focus

An actress can only play a woman. I'm an actor, I can play anything. - Whoopi Goldberg, *The Today Show*, 1986

Today is ... [Freedom of Information Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 17, 2016

Safety Focus

ACCEPT IT - IT'S YOURS

Accident prevention is the responsibility of everyone. We've heard that statement probably more times than we'd care to remember. But it is a fact. Safety responsibility must belong to each and every one of us. Senior management is vitally concerned with safety. So are department heads, safety specialists and others. However, these people can't be with us every minute on every job, and we have to accept our own responsibility for safety. You know how to do your job safely. The training you received, the departmental work procedures, the safety rule book and the experience built over time can help you prevent an accident. After work, your responsibility for accident prevention doesn't stop with the job. At home, behind the wheel and at play you've got to keep your safety guard up. Not just for your own safety but for others as well.

Health Tip of the Day

HEALTHIER FATS

Not all fats are created equal. Some are healthier than others. When choosing fats, unsaturated fats are your best options. These fats, if used in place of saturated and trans fats, may help lower your risk of heart disease. Some of the best sources of these healthier fats include fish, nuts, seeds, avocados and vegetable oils like canola and olive oil. Just keep in mind that all fats are high in calories, so moderation is the key. Source: American Heart Association

D&I Focus

All issues are women's issues – and there are several that are just women's business. - Eddie Bernice Johnson

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 18, 2016

Safety Focus

WHEN YOU LEAST EXPECT IT... LESSONS LEARNED!

The prospect of getting into an accident is something no one likes to think about. Time and again we hear our managers, supervisors or co-workers telling us to be careful, work safely and use personal protective equipment. We hear the words, but do we really believe we'll be the one who will have an accident? How many close calls have you witnessed? How many injuries have you seen or heard about. Not one of those injured or involved in a close call said "I think I'll get hurt today". Don't be lulled into that false feeling of security and tell yourself "It will never happen to me". Only by realizing that something can happen at any time and anywhere will you be able to raise your awareness and keep ever vigilant for hazards both at work and at home.

Health Tip of the Day

CHRONIC HEALTH CONDITIONS

If you have a chronic health condition such as diabetes, plan ahead for your specific needs. Talk to your doctor about an exercise program and always wear a medical alert tag or bracelet. Source: WebMD

D&I Focus

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

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 19, 2016

Safety Focus

SHARE THESE TIPS

Job-related sprains and strains (especially those that affect the back) are often caused by overexertion during material handling. An injury can occur while lifting, carrying, twisting, overreaching, overextending a part of your body or reaching over something to pick up a load. The following tips can help prevent the discomfort and expense associated with these too-common injuries. Take the time to remind yourself about these before you begin to pick up or move equipment or supplies.

- Conduct a good pre-job brief.
- Be alert to any way to reduce or eliminate lifting, lowering, pushing, pulling and carrying.
- Warm up the muscles before beginning a strenuous job, just like athletes do.
- Watch out for slip or trip hazards in the work area.
- When possible, push, rather than pull.
- Ask for help when a load is heavy, awkward, or unstable.
- Keep the load close and bend with the knees, not the back.
- Use a step stool or ladder, on a stable surface, whenever called for.
- Avoid twisting while handling a load.
- Stay in good physical shape through regular exercise.

Health Tip of the Day

END RANGE OF MOTION

End-range motions occur at extreme, end-limits of the body part's overall range. Performing end-ranges of motion reduces strength, requires great effort, fatigues the body earlier in activity, and increases the potential for injury. Turn an end-range movement into a pure Power Zone motion. At the first available opportunity, bring the object into your Power Zone. Source: <http://chadwickcole.com/>

D&I Focus

A woman is like a tea bag – you can't tell how strong she is until you put her in hot water. - Eleanor Roosevelt

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 20, 2016

Safety Focus

EYE PROTECTION: SAFETY GLASSES

What makes them "safety" glasses? Resistance to impact is the main difference between safety glasses and regular glasses, which often look just like them. The safety glasses you are provided meet the American National Standards Institute (ANSI), "Z87" standard which sets stringent standards for strength and heat resistance. It is important to remember that standard safety glasses protect against impact from the front only. For this reason the safety glasses you are provided need to have side shields to provide limited protection from the sides for tasks such as sanding, buffing, blowing dirt and debris. When hazards come from above and below as well as the side, as in lathe work or other high speed cutting and shaping operations, goggles can be used instead of glasses or a face shield can be worn over the safety glasses. Inspect your eye protection regularly for scratches, cracks or other wear and replace them if they are scratched, bent or uncomfortable. Taking care of your glasses and, above all, using them, will help you "look" your best on the job.

Health Tip of the Day

GOOD VISION GROWING OLDER

Small changes in the way you live will help you to see better as you age. These simple changes include:

- Wearing sunglasses and a brimmed hat if you are sensitive to bright light and anytime you are outdoors in bright sunshine,
- Improving lighting around your house,
- Wearing safety eyewear when working around your house or playing sports.

Source: <http://www.preventblindness.org/growing-older-good-vision>

D&I Focus

Women, like men, should try to do the impossible. And when they fail, their failure should be a challenge to others. - Amelia Earhart

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 21, 2016

Safety Focus

STINKING THINKING

Too bad others can't read our minds. If they could, they might be able to point out some dangerous thoughts that lead to accidents and injuries. At least we can check on our own dangerous thinking. Do you ever think any of the following thoughts?

- I've been doing this job my way for years and haven't had an accident yet.
- I'll skip the safety glasses because I am just going to be grinding for a few seconds.
- I'll clean this up later on.
- Why tag this cracked ladder – it's obviously damaged?
- Why wear my seat belt – it's just a few blocks?
- I've only had a few drinks – I'm okay to drive.
- If I stack one more box on top of these, I can move all of them in one trip.
- Why ask somebody how to do this job? I don't want them to think I'm stupid.

Do any of these sound familiar? These are the kinds of thoughts which lead to accidents and injuries to ourselves and to other people. Think “consequence versus likelihood” when making decisions and choose to Live Safe.

Health Tip of the Day

SLIPPING FROM YOUR GOALS?

If you are struggling to meet your health and wellness activity goals, use a sticky note or a 3x5 index card to write down why you made the goal in the first place – list all of the reasons. Put that in a handy location and when you are having a difficult day, pull out that note and refresh your reasons for healthy living. Source: HealthFitness

D&I Focus

It is capitalist America that produced the modern independent woman. Never in history have women had more freedom of choice in regard to dress, behavior, career and sexual orientation. - Camille Paglia

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

Focus on Guiding Principle #3: “Line organizations are responsible for safety.”

March 22, 2016

Safety Focus

IT'S UP TO YOU...

Who is responsible for your safety on the job? Is it the government, the company, your boss or the other members of your team? Actually, all of them have a responsibility for your safety. But ultimately, the challenge is yours. Taking responsibility for your own safety is a full-time job. Here's how to do it:

- Be aware of your surroundings at all times. Stay alert for changes.
- Talk about safety with your team members. In the break room, at meetings and in one-on-one conversations, put the focus on safety.
- Look for solutions to safety problems and either fix them if it's within your authority or bring them to your supervisor.
- Don't be afraid to point out unsafe practices by your fellow workers, using common sense and courtesy, of course. Give and take peer coaching.
- Don't let someone else, even your supervisor, make you do something you believe to be unsafe.
- Serve on your local safety committee at your workplace.
- Always have a strong questioning attitude.

You can do a lot to keep your fellow workers safe, and they can do a lot for you. But in the end, you are responsible for your own safety.

Health Tip of the Day

THYROID AWARENESS

The thyroid is a gland located in the front of the neck. It makes hormones that affect many body functions such as breathing, heart rate, digestion, and body temperature. Millions of people in the U.S. have thyroid diseases. These disorders are more common among women and in people over age 60. Having a family history also increases the risk. Many symptoms (such as fatigue) are similar to other conditions, so thyroid problems can be hard to diagnose. If you have concerns, talk with your health care provider to see if you should be tested. Source: National Institutes of Health

D&I Focus

How wrong it is for a woman to expect the man to build the world she wants, rather than to create it herself. - Anais Nin

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 23, 2016

Safety Focus

HURRYING OR WORKING EFFICIENTLY?

At home or on-the-job there never seems to be enough time. Our lives are complex with many responsibilities and tasks that need to be performed. Many accidents are the result of working in a hurry or knowingly taking shortcuts. When we are under the trap of time pressure, it is tempting to rush through things and to take shortcuts. But when it comes to safe work practices, hurrying can cause serious injury or death. There must be zero tolerance for shortcuts and safety violations. When starting a task give yourself time to plan the job safely without having to rush through it and becoming a victim of time pressure.

Health Tip of the Day

SMOKELESS TOBACCO ISN'T SAFE EITHER

Some say that smokers would be better off switching to smokeless tobacco (chewing or snuff) for health reasons. Don't be fooled. The American Cancer Society reports that smokeless tobacco isn't safe, either. Smokeless tobacco increases the risk for cancers of the mouth and throat and may contribute to heart disease and high blood pressure. The best type of tobacco is no tobacco at all! Source: American Cancer Society

D&I Focus

The age of a woman doesn't mean a thing. The best turns are played on the oldest fiddles. - Ralph Waldo Emerson

Today is ... [Near Miss Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 24, 2016

Safety Focus

KNOW YOUR ENEMIES – WORKPLACE HAZARDS

If you were facing a dangerous, deceptive enemy, you'd want to find out all you could about it and share any information you come up with. The fact is, you do have such a treacherous enemy – the workplace hazard. An unnoticed hazard can take your life in an instant, or cause you a lifetime of suffering and disability. It only makes sense to learn all you can about workplace hazards. Sharing information with your co-workers helps keep everyone safe. You can share information either one on one or in a group training session. Signs and posters are common devices for passing along safety information or reminding us of what we already know. Labels are another common source of safety information. Our company's system of reporting injuries, accidents and close calls is another important link in safety communications. This gives your co-workers valuable information about the kinds of hazards lurking in the work area. If you know or suspect a workplace hazard, report it. Keep the lines of communication open to defeat the enemy – the workplace hazard.

Health Tip of the Day

CALORIE BURN MYTH

According to Dr. Randy Thomas, Director of the Cardiovascular Health Clinic at the Mayo Clinic, running one mile burns approximately 40% more calories than of that same person walking one mile. This debunks the belief that walking and running one mile burns the same amount of calories. Walking has many positive health benefits for you. However, if you are looking to burn more calories during your workout and can tolerate running, this may be a better option. Talk to your doctor before starting any new exercise. Source: Mayo Clinic

D&I Focus

I do not wish women to have power over men; but over themselves. - Mary Shelley

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

Focus on Guiding Principle #3: “Line organizations are responsible for safety.”

March 25, 2016

Safety Focus

THE INDIVIDUAL'S RESPONSIBILITY

A very large percentage of the injuries that occur on the job are caused directly by the person injured. Only about 10 percent of the injuries are caused by defective equipment or other factors. Management and supervision are often looked upon as being responsible for safety. It's true that without proper interest on the part of management and supervision, a safety program cannot be effective. However, each individual must realize that he or she, more than anyone else, is responsible for their own safety and the safety of their co-workers. In other words we must be our "brother's keeper." Your help in preventing serious accidents on the job and at home is essential. People are not perfect and even the best can make mistakes. We really are our brothers' keeper!

Health Tip of the Day

MIGRAINE HEADACHES

Did you know that certain foods and beverages can trigger migraine headaches for some people? These include: alcohol (especially red wine), caffeine, aged cheeses, sauerkraut, peas, aspartame, cultured dairy products, cured or processed meats, and chocolate. If you suffer from migraines, consider avoiding foods or other things that seem to cause them for you. Keep a journal to help you identify triggers. Get plenty of sleep and drink enough fluids. Try to relax, reduce the stress in your life, and get regular exercise. Source: American Academy of Family Physicians

D&I Focus

Women are women, and hurray for that. - John Galliano

Today is ... [Good Friday](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 26, 2016

Safety Focus

STAY ON GUARD

Why do we have to always think about safety? One of the major reasons is that in order to be safe, you have to be alert. You must be on guard at all times. One of the worst things that you can do is let your guard down by becoming distracted by other things. When you become lost in thought, you are off guard. You've let your defenses down and are wide open for accidents. So, how do we stay on guard? The solution is to do everything we can to make safety something that comes naturally to all of us, even when we are not consciously thinking about it. These safe work habits will then be so strong, that even if you become distracted at times, your safe habits will prevent you from having an accident. Reducing the possibilities of accidents that are caused by a distracted mind is a matter of preventative safety we must practice daily.

Health Tip of the Day

ADULT HEALTH

When you think of adult health, you might think about various ways to stay healthy — from hand-washing and vaccines to cancer prevention. Good for you! The choices you make every day go a long way toward promoting adult health. It's equally important to pay attention to your signs and symptoms. Know which adult health warning signs merit medical attention, from unexplained weight loss or changes in bowel habits to shortness of breath and sudden headaches. And of course, regular physical exams and adult health screening tests are an important part of preventive adult health care. Know which screening tests you need and how often to have them done. Early detection can be the key to successful treatment. Source: Mayo Clinic

D&I Focus

In our society, the women who break down barriers are those who ignore limits.
- Arnold Schwarzenegger

Today is ... [Make Up Your Own Holiday Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 27, 2016

Safety Focus

A PRODUCT TO PRODUCE

Safety is a product. It is developed by practicing safety alertness, a concern for others and a watchfulness for hazards. To do this well, it takes the right attitude and state of mind. Only when we overcome overconfidence, vague guidance and complacency do we get this safety product. It's what we get back, and there are a lot of benefits that go with it such as health, happiness, peace of mind and freedom from pain and the financial costs of accidents and injuries. All these benefits go with a good safety record. That's why we want you to have proper questioning attitudes with a great deal of alertness, concern and watchfulness for everything and everybody so we can all enjoy the benefits of this product called safety.

Health Tip of the Day

GINKGO

Ginkgo is one of the top-selling herbs in the United States. It is best to avoid using ginkgo if you are taking aspirin or any other blood-thinning medication, or if you are going to be having surgery. Ginkgo may increase the chances of bruising and bleeding when combined with other blood-thinning agents. Ginkgo interacts with many medicines and it is best to consult with your doctor before using any ginkgo products. To play it safe, consult with your doctor before taking any complementary and alternative medicines, herbs or supplements. Source: National Institutes of Health

D&I Focus

Women may not have it easy, but we are given a fairer chance to reach for the top.
- Jessica Savitch

Today is ... [Easter Date](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 28, 2016

Safety Focus

HURRY-UP CAN HURT

Sports cars that race over a track in competition with other cars are usually marked with racing stripes. Bandages and splints are the racing stripes people often wear when they've hurried on the job. Simply put, "hurry-up can hurt." Contrary to popular belief, hurrying on the job has little to do with increased production. It is usually connected with an attempt to get a tough job over and done with quickly. These and other reasons for hurrying lead to unsafe acts and injuries. Wherever they happen, and for whatever reason, accidents cost the individual and the company in many ways. The 'hurry up' is not worth it.

Health Tip of the Day

VEGGIE SIDE EFFECTS

Eating more vegetables is a powerful way to promote health. For some people, vegetables such as artichokes, asparagus, broccoli, brussels sprouts, cabbage, cauliflower and onions can cause bloating and gas. This is normal and doesn't need to discourage you from getting your daily servings of veggies. Choose milder vegetables such as dark leaf lettuce, carrots and squash. If you are not used to eating vegetables, add them to your meals and snacks gradually. Source: National Institute of Diabetes and Digestive and Kidney Diseases

D&I Focus

The test of civilization is its estimate of women. - George William Curtis

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 29, 2016

Safety Focus

TAKE SAFETY PERSONALLY

With all the emphasis on human performance, safety programs, safety training, and safety rules, it's easy to forget that when you come right down to it, safety is a personal matter. When we see others performing unsafe actions, we should immediately get them to STOP and adjust, to work safely. Our goal is our own personal safety, but it's also for those around us. A good formula for safety success starts with taking safety personally. Add in believing that your actions count and can prevent accidents. Then multiply that by knowing the difference between safe and unsafe actions and being determined always to choose the former. When each of us makes safety our own personal goal, this will be a safer workplace for all of us.

Health Tip of the Day

SLEEP

To improve your sleep, consider simple self-care tips – such as sticking to a sleep schedule and relaxing before bed. If you're thinking about using a sleep aid, know what you're getting yourself into. Over-the-counter sleep aids can be effective for an occasional sleepless night, but they're not meant for long-term use. Don't assume that a good night's sleep is only a dream. If sleep remains elusive, ask your doctor about other treatment options. Source: Mayo Clinic

D&I Focus

Being the boss anywhere is lonely. Being a female boss in a world of mostly men is especially so. - Robert Frost

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

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 30, 2016

Safety Focus

DON'T LET SAFETY GET FOILED IN A SINGLE SECOND

It takes a **minute** to write a safety rule.

It takes an **hour** to hold a safety meeting.

It takes a **week** to plan a good safety program.

It takes a **month** to put that program into operation.

It takes a **year** to win a safety award.

It takes a **lifetime** to prove you are a safe worker.

But it only takes a **second** to destroy it all – with one accident.

That's why it pays to take the time to help each other work safely.

Health Tip of the Day

ZINC FOR COLDS

Cold and flu season is upon us and, for many, this means taking some extra precautions to avoid getting sick. Is one of your remedies zinc lozenges? This may or may not be doing the trick. According to the National Institutes of Health, more research is needed before making any general recommendations about using zinc for the common cold. However, most experts agree that regular hand washing is one of the best ways to avoid getting the common cold. Source: National Institutes of Health

D&I Focus

The connections between and among women are the most feared, the most problematic and the most potentially transforming force on the planet.

- Adrienne Rich

Today is ... [Take a Walk in the Park Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."

March 31, 2016

Safety Focus

CIRCLE OF SAFETY

Before you get into a company vehicle, you are required to do a circle of safety. How good is the circle of safety you do? Do you just go through the motions? You only do it when someone's watching? Or do you take vehicle safety seriously? Only you can answer that question. Let's take a look at what a circle of safety is all about and how to perform one.

- When you park a vehicle for any length of time, anything could and usually does happen.
- You're looking for anything unusual. Check tires for any slices or parts missing on the wheel hubs.
- When you get to the back of the vehicle you need to look at the loaded material. Make sure all material is secured and will not fall off and hit another vehicle while traveling.
- While you're back there, check the rear lights, making sure they are working and not cracked. Look all around, what's in the general vicinity, any special conditions, ice or slippery pavement, etc.?
- Look around – do you see any unusual terrain, potholes, snow banks, hidden traps, oddly parked vehicles, low tree limb, children present, etc.? Make a mental note of anything unusual that you do find.
- Check the doors and other openings, making sure they are secured and the latches work properly. Look at the windows, are they clean and not cracked?
- Anything found on the vehicle that needs to be fixed must be addressed prior to that vehicle leaving the spot it is in.

Remember: you are responsible for the safety of that vehicle and those around it once you get behind the driver's wheel. Keep a strong questioning attitude.

Health Tip of the Day

EATING FOR EYE HEALTH

Mayo Clinic eye and nutrition experts recommend the following list to help you choose foods for better eye health:

- Vegetables: Kale, collard greens, peppers, broccoli, sweet potato, spinach, peas, pumpkin, carrots and Swiss chard
- Fruits: Peaches, blueberries, oranges, tangerines, mango, tomato, apricot, papaya, cantaloupe, honeydew, avocado and grapefruit
- Sources of zinc: King crab, lamb, bulgur, lean beef, fortified breakfast cereals, beans, lean pork, dark meat or poultry, whole-wheat or buckwheat flours, pumpkin seeds
- Omega-3-rich foods: Salmon, herring, tuna, mackerel, rainbow trout, sardines, flaxseed, English walnuts, canola oil, roasted soybeans

D&I Focus

Women have always been courageous...They are always fearless then protecting their children and in the last century they have been fearless in the fight for their rights. - Isabel Allende

Today is ... [Bunsen Burner Day](#)

Focus on Guiding Principle #3: "Line organizations are responsible for safety."