

Safety Principle  
 Safety is a Condition of Employment

**MONTH of November**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 – Start with stop, Part I
2 – Start with stop, Part II	3 – Start with stop, Part III	4 – Don't settle for unsafe conditions	5 – Share you Operating Experiences	6 – Protect our employees	7 – Recognizing normalized deviations	8 – Distractions and Pressure
9 – Workers' Safety and health	10 – Intelligent or not?	11 – Right habits, Safe habits – Part I	12 – Right habits, Safe habits – Part II	13 – Pushing Safely	14 – Tunnel Vision	15 - Having safe work habits
16 – Complacency	17 – Maintain our safety	18 – Almost an accident	19 – Safety as a perspective	20 – Attitude Safety	21 - Setting the example for Safety	22 – Computer eye strain
23 - Traveling Safety for Thanksgiving- Part I	24 - Traveling Safety for Thanksgiving- Part II	25 - Traveling Safety for Thanksgiving- Part III	26 - Thanksgiving travel safety - IV	27 – Thanksgiving Day Safe Cooking	28 – Sleeping for Safety	29 - Winter slip prevention
30 – Preparing for winter work						

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Daily Safety and Health Topics  
November 2014  
Focus on Guiding Principle:  
“Safety is a Condition of Employment”



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November 1

## **Start with STOP!! Part I**

STOP, THINK, ACT, and REVIEW any task when unsafe conditions exist or are about to occur! If it doesn't look right or it doesn't feel right, then it's probably not right. STOP! DO NOT tell yourself, "Oh, it's nothing," or "I don't have time for this. I've got to hurry and get this done." If it came to your mind or attention, get others involved; ask questions even if it's only for reassurance. We all tell people, "I'd rather be safe than sorry," so Start with STOP and avoid the sorry. (See more on Start with STOP tomorrow)

## **BREAST CANCER—EARLY DETECTION IS KEY!**

Breast cancer is the most common type of non-skin cancer among women in this country. It affects more than 200,000 American women annually. Screening for breast cancer before there are symptoms is important. Screening can help doctors find and treat cancer early. The earlier breast cancer is found, the better the chances that treatment will work. Talk to your doctor about when to start and how often to screen for breast cancer.

Source: American Cancer Society

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November 2

## **Start with STOP!! Part II**

There are several times that warrant the stopping of work. When the conditions or scope of a job change, you should automatically STOP! If you are working a task and anything happens that is different than discussed in the pre-job brief's hazard mitigation plan. If someone shows up who was not a part of the pre-job brief, conditions have just changed. If you are working on a report and you leave for a lunch break, when you return you are not in the same condition you were in before you left. You are required to STOP, refocus, exercise a questioning attitude, recreate a JSA, brief oncoming personnel on the task and hazards involved or whatever else is required and necessary to keep everyone safe. Commit to developing the habit of starting with "STOP." It will make a difference in what will happen next.

## **HEALTHY TEETH REQUIRE MORE THAN BRUSHING**

In addition to regular brushing and flossing as well as visits to your dentist, a sound oral health routine includes healthy nutritional habits. To help build strong teeth and bones, eat plenty of foods that are rich in calcium and vitamin D. Sources include dairy products and fortified foods like oatmeal, orange juice and ready-to-eat cereals. Fruits and vegetables containing vitamin C, such as oranges, strawberries, cantaloupe, broccoli and sweet peppers, can also help maintain healthy gums.

Source: American Dental Hygienists' Association

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November 3

### **Start with STOP!! Part III**

We all have a responsibility to our co-workers. It is our duty to help keep them safe just as much as keeping ourselves safe. Even if they upset us five minutes earlier, we should never want to see anyone hurt, injured or possibly killed. Not only will they be affected but so will we. STOP anyone you see who is about to do something wrong, unsafe or in violation of the rules. It doesn't matter if it's your supervisor, a senior lead or anyone else. As individuals, we should have zero tolerance for anyone doing something unsafe. ***If you say nothing to someone doing something unsafe, it means that you agree with what they are doing.*** That is not the behavior expected in our workplace. There are consequences for intolerable behaviors in the workplace just as at home. We don't want our child to watch the other child stick his hand into the garbage disposal. No one wants to ring the doorbell at your home to deliver terrifying news to your family. Start with STOP and use STAR!

### **FLU VACCINATION TIME! (part 1)**

Seasonal flu is a contagious respiratory illness that infects 5% to 20% of U.S. residents every year. The flu is often spread to others by an infected individual before they have any symptoms. Getting the flu vaccine is the best protection against the seasonal flu. People who get the vaccine are 60% less likely to need treatment for the flu. Since flu viruses change from year to year, annual seasonal influenza vaccination is recommended for everyone 6 months of age and older.

Source: flu.gov

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November 4

### **Don't settle for unsafe conditions**

Did you know that it is your right and responsibility to report unsafe conditions on the job? Your employer has a responsibility to ensure you have the proper tools and protection to get a work task completed safely. While your employer has responsibilities for your safety, so do you! It is your responsibility to make a conservative decision and report all unsafe conditions. Hold your supervisor and/or those who must address the unsafe condition accountable for correcting it in a timely manner. Remember to be respectful and be able to explain why the condition is unsafe and how someone can be hurt. Sometimes others are not as intimately familiar with your work conditions as you are.

### **FLU VACCINATION TIME! (part 2)**

The Centers for Disease Control and Prevention recommends getting the flu shot or nasal spray vaccine as soon as it is available, because it takes about two weeks for the body to develop protection. It is especially important to get the vaccine if you, someone you care for, or someone you live with is at high risk for complications from the flu. Check Entergy's HR website for information on company-provided flu shot benefits. You can visit <http://flushot.healthmap.org/> to find where to get the flu vaccine in your area.

Source: flu.gov

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November 5

## **Share your Operating Experiences**

When you discover an unsafe condition and report it to your supervisor you are exhibiting a winning attitude. What if you took it a step further and communicated the issue to your team members and as many others as you could who might encounter the same or a similar situation? Through our paperless condition reports system (PCRS), email, JSA, Safety bulletin and phone calls, you can share your operating experiences with others. What does that say about you? It says that you are committed to safety and are selfless. You are helping someone else *Live Safe*. You could be the very person who keeps someone two states away from getting severely injured or killed. Discuss with your management effective ways to communicate situations and hazards faced on the job and ways they are mitigated.

## **STRENGTH AND MUSCLE GAINS THROUGH REST**

Regular weight training causes your body to build more muscle; but muscles, just like people, need rest in order to rebuild. Give each set of muscles at least 48 hours of rest between serious workouts. If you weight train every day, it's best to alternate muscle groups. Otherwise, try an every other day routine for maximum benefits.

Source: American College of Sports Medicine

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November 6

## **Protecting our employees**

Policies, procedures, safety rules and safety manuals are developed to protect workers and equipment in the workplace. No company delivers guiding documents such as these with the intent to harm anyone. For years, things have been done a certain way on every job, and it may be a bit difficult to adjust when these rules, policies and procedures change or grow. It takes putting them into practice. Make reminders for ourselves, get an accountability partner in your area, or keep a copy of the new information in your work area. Many times the changes and growth of these documents stem from learning that somewhere someone was hurt because of a lack of documentation. Our organization, after careful consideration, adopted a change or a new process to protect everyone who works within the company. As a business owner, wouldn't you want to protect those people who work for you?

## **ICING FOR INJURIES**

Icing many types of injuries aids the healing process. Icing four to eight times a day for the first 24-48 hours is generally recommended. However, it is important to use ice safely. Use these precautions when treating injuries: Do not leave an ice pack on an injury after the skin becomes numb (usually 15-20 minutes). Always keep a thin cloth between the ice pack and your skin. Don't use ice on open blisters or wounds. Never fall asleep with ice on your skin. If an injury does not respond to self-treatment within 24-72 hours or is severe, see a doctor.

Source: National Institutes of Health

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November 7

## **Recognizing normalized deviations**

Do we recognize when we have accepted behaviors that deviate from the standard, or do they become such a habit that those behaviors are the norm? These behaviors are what we call normalized deviations. These occur when people or organizations become accustomed to a hazard or behavior and don't consider the hazard or behavior as a deviation. To them, the hazard or behavior appears "normal" or the standard. We must take a moment and ask ourselves if what we are doing or saying is correct. What am I doing, and why? If the 'what' or the 'why' cannot be verified via company policies, procedures or standards, then I have to make a decision to correct myself and anyone else deviating from what is correct. The last thing we should want is anyone learning the wrong behaviors from our team/crew or us as individuals.

## **BACK TO SLEEP**

To reduce the risk of Sudden Infant Death Syndrome (SIDS), *always* place your baby on his or her back to sleep, for naps and at night. Use a firm sleep surface and don't put anything in the crib that a baby can pull over on his or her head, such as blankets, comforters, stuffed toys or pillows. Additional preventive steps include: don't smoke around your baby; have your baby sleep nearby, but not in your bed; consider breastfeeding, which may lower the risk of SIDS; try a pacifier when putting your baby to sleep; and keep the baby from overheating.

Source: American Academy of Pediatrics

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November 8

## **Distractions & Pressure**

There are many factors in the workplace that can create anxiety, frustration and fear. The body's response to chronic stress can lead to high blood pressure, heart disease, and emotional disorders. Causes of stress can include, for example: Work overload and production pressure, fast work pace, harassment or discrimination, job insecurity, shift work or rotating shifts, threat of workplace violence, or lack of input or control on the job.

Our health is important to our ability to function daily. Unfortunately, there are some stresses in the work place that we cannot change, such as shift work or rotating shifts. But there are ways to deal with stress to keep us safe and healthy. Some common stress relievers according to the Mayo Clinic:

- Increase your physical activity
- Assert yourself –(sometimes you have to say “no” or get assistance)
- Get enough sleep
- Try yoga
- Seek counselling or connect with others

Take a moment to discuss with your group other healthy stress relievers that help you Live Safe.

## **TEXTING WHILE DRIVING**

Your eyes are off the road an average of five seconds while texting. At 55 mph that's like driving the length of a football field blindfolded. Distracted driving includes taking your hands off the steering wheel, or anything that interrupts your concentration while driving. If you need to take a phone call or send a text, pull off the road safely and stop. Find more info on [www.distraction.gov](http://www.distraction.gov) .

Source: National Highway Traffic Safety Administration

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November 9

## **Selecting the proper solution for workers' safety and health**

We should differentiate between two types of solutions to protect the health and safety of all workers:

- **Solutions that change a worker's behavior.**
- **Solutions that change the working conditions, as well as the attitude and behavior of all workers.**

The most effective solutions are those that change working conditions to make it easier for all workers to act more safely in the workplace. Instead of reprimanding a worker in some cases, the most effective solution might be to provide coaching, provide safety training and maintain regular communication with all workers. Supervisors and front-line workers must work together as a team to change behaviors, neither against one another nor in a "ruler/subordinate" fashion. Effective communication and respect for everyone makes for a pleasant work environment. **Changes that eliminate the root cause of a problem are solutions that help prevent further accidents or illnesses.**

## **JOURNAL YOUR JOURNEY TO FITNESS**

Keeping a fitness journal is a great way to maintain an active lifestyle and get back on track when you feel your exercise habits slipping. Journaling allows you to set and record fitness goals, track your progress, map your successes, and stay motivated. Studies find that people who write down their goals can accomplish 16% more than people who don't. Start a journal and stay on your journey to fitness!

Source: American College of Sports Medicine

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November 10

## **Intelligent or Not?**

Many times injury analyses reveal that knowledge gaps exist within the work force. We sometimes struggle with voicing our own lack of understanding of our work tasks for the sake of saving ourselves the embarrassment or peer pressure of being the “only one who doesn’t get it.” We can all help keep each other safe on the job by simply doing two things:

1. Spark a discussion whether it’s one–on–one or with a group. Approach them with, “Hey, here’s my interpretation of what we are about to do and what is expected to happen. Is it correct?” Pre-job briefs are great times to bring up questions and concerns. No question is a dumb question.
2. Be mindful of others’ knowledge levels not necessarily being where yours is. Avoid saying things like, “That’s too simple! Anyone who doesn’t get that is just stupid!” People respond to what is in the atmosphere, and that response sometimes ends up being silence when they really wanted to speak up.

We are our last line of defense in keeping ourselves and others safe on the job. Saying “I don’t know or understand” does not indicate that you are not smart. Instead, it’s an indication that you are more intelligent than people think and you care about going home to your family the same way you left them. Remember safety is a condition of employment. Even the smallest things can help keep us safe.

## **HEALTH BENEFITS OF SPINACH**

Spinach is a nutritional powerhouse! It is low in calories but dense in nutrients including calcium, folate, iron, magnesium, vitamin C and vitamin A. Select fresh, crisp, green bunches with no evidence of insect damage. Keep fresh spinach cool and minimize storage time. Frozen spinach and reduced-sodium canned are other options to consider.

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November 11

## **Right Habit, Safe Habit – “A helping hand” – Part I**

Everybody needs a hand from time to time, whether it's help with a tough job, special advice on tackling a new or unfamiliar job, or the expert's word on handling potentially dangerous equipment and materials.

Even more critical is the helping hand for new employees on the job. That's why the beginner, from the first day on the job, must learn his or her job the right way and the safe way.

Smart foremen, supervisors and workers know that they are all creatures of habit, and they know how to make habits work for their own benefit: A great habit to start is using STAR (Stop, Think, Act, and Review) for every task at home and work.

**Tune in tomorrow for some “Right habits to develop on the job”...**

## **TRIMMING DOWN ON “WAIST”**

Did you know that if you carry fat mainly around your waist, you are more likely to develop health problems than if you carry fat mainly in your hips and thighs? Measuring your waist is a simple way to gauge your risk. Place a tape measure across your navel. Make sure the tape is snug but does not compress your skin. Measure your waist just after you breathe out. If your waist measures more than 40 inches (men) or 35 inches (women), look for healthy ways to trim the “waist,” such as cutting calories and increasing physical activity.

Source: National Institutes of Health

November 12

## **Right Habit, Safe Habit - Part 2**

Right habits eliminate mistakes that endanger lives. Right habits carry workers safely through their shifts without indecision or unsure acts that can cause accidents. Right habits can build a reserve of attention and energy that allows workers to be alert to dangers. Right habits are efficient, eliminating waste of time and making any job easier. The right habit is constructive, making many chores routine and even automatic. With right habits, there may even be time left over to think about how to do a better job: safer, more productive, more satisfying.

And best of all, doing things right the first time and every time not only makes the work itself safer and more successful and satisfying, it also contributes to a spirit of friendly teamwork with fellow employees. Remember, from yesterday to make a habit of using STAR on every task every day.

## **VEGETARIAN DIETS AND IRON**

It is important for vegetarians to eat plenty of iron-rich plant foods. The type of iron found in plant-based foods is not as well absorbed as the iron found in animal sources. Good plant-based sources include lentils, kidney beans, black beans, dark green leafy vegetables, dried fruit and whole grains. Iron-enriched products such as cereals and breads are also good sources. To enhance iron absorption, consume vitamin C-rich foods at the same time you eat iron-containing foods. These include strawberries, green peppers, tomatoes, broccoli and citrus fruits.

Source: National Institutes of Health

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November 13

## **Pushing Safely**

On occasion or perhaps even every day, we're called on to push something. Typically it's safer to push than it is to pull a load; however doing either can be dangerous to your body. Many soft tissue injuries occur because we push or pull unsafely.

Today let's look at some techniques to use when you have to push on something. How we push a load is critical. We need to ensure we have good posture when we're exerting that type of force. Most of us can develop higher push forces by leaning our body weight into the load.

- First think STAR(Stop, Think, Act, and Review)
- For pushing, your hands should be between your elbow and hip.
- Square up to the load so you don't twist your body.
- Feet spread a little with good footing.
- If you can't push it easily with your body weight . . . get help.

## **PUMPKIN PACKS A POWERFUL NUTRITIONAL PUNCH**

Autumn is a great time to discover the versatility, flavor and nutritional benefits of pumpkin. Often the star ingredient in many sweet delights, such as pie and custard, pumpkin can also make a savory side dish. Pumpkin seeds are among the tastiest and most nutritious seeds around. Don't throw away your carvings; instead, roast, sauté, steam or mash...and enjoy! When you do, count on getting a good supply of beta-carotene, vitamin C, fiber, iron, potassium, and other nutrients. Hint: 2- to 5-pound pumpkins are best for cooking.

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November 14

## **Tunnel Vision**

We always talk about the STAR method before you start a task. We are to look around before we start for any hazards that may cause us or someone else injury. What about when we begin to work? We may become so focused on what we are doing that we get tunnel vision and start to ignore what is going around us, especially behind us.

Think about it. How many near misses have there been where someone was "just doing what they always do," and 'BAM!' there was someone behind them that they did not expect?

Please keep a lookout for others when you are working. It may save someone a lot of pain.

## **IS IT MY APPENDIX?**

Do you know the symptoms of appendicitis? According to the National Digestive Diseases Information Clearinghouse, symptoms include pain to the right of the navel (beginning near the navel and moving down to the right), or worsening pain in the same area associated with moving, deep breathing, coughing or sneezing. Other symptoms include nausea, vomiting or abdominal swelling. Anyone with symptoms of appendicitis needs to see a doctor immediately.

Source: National Institutes of Health

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November 15

## **Having Safe Work Habits**

In most everything we do, we find a way to make the process go easier and faster. These processes we develop become work habits and are used not only at work but in our everyday activities as well.

Some say it takes 21 days of continual monitoring and reminding yourself to develop a habit. Some of us have very good habits; some of us could use a little work. Let's look at a few tasks:

- Do you use STAR anytime and every time?
- Do you keep a strong Questioning Attitude?
  - Do you fasten your seatbelt every time you enter an automobile?
  - Do you put in your hearing protection as you enter the production floor?
  - Do you confirm the power is truly disconnected after you lockout a machine?
  - Do you scrape the frost off your entire windshield prior to getting in the car on cold mornings?
  - Do you wear safety glasses and long pants when you use your weed trimmer?
  - Do you turn your head and check your blind spot prior to switching lanes?
  - Do you make eye contact with forklift drivers before walking near them?
  - Do you utilize the handrail when going up or down stairs?
  - Do you stop and look both ways before walking out into an aisle?

These are just a few habits that safety-conscious employees do each and every time they do the task. How about you?

## **REDUCING FAT IN YOUR SOUP**

Looking for a good way to reduce the saturated fat content of soups and stews? Try refrigerating them overnight. Much of the fat will rise to the top of the cooled mixture and become solid. Then you can easily remove it with a slotted spoon.

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November 16

## **Complacency**

The term complacency has several definitions; perhaps the one most suitable (in the context of safety) is, "a feeling of quiet pleasure or security, often while unaware of some potential danger, defect, or the like." Ironically, this feeling can develop from a perception that you live and work in a safe environment--an environment of few, if any, workplace incidents, and when an incident does occur, it is often of a minor nature.

The message here is never let your guard down. Don't fall victim to the trap of overconfidence. We maintain our safety by doing just that: maintaining it.

## **RIGHT-SIZE YOUR PORTIONS**

"Super-sizing" has become very popular at many restaurants, especially with fast food. For only a slightly higher price, you can get more food for your money. However, bigger is rarely better when it comes to processed and fast foods. The true price of larger portions is more calories, and often a larger waistline! Protect your health. When eating out, order the smallest size or share the larger size with a friend or family member. Also, consider balancing your meal with healthier options such as a side salad, fruit or yogurt parfaits.

Source: Center for Science in the Public Interest

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November 17

### **The ways we maintain our safety:**

- We maintain a safe workplace by following established protocols and procedures.
- We have daily safety meetings to discuss changes and potential hazards that develop from day to day on our worksite.
- We wear the appropriate PPE for the task at hand.
- We complete a JSA before starting a task.
- We take a "Four Second Reset" to stop and think about the safety side of the task we're about to start.
- We manage our "Zone of Control" on the worksite. Hazards identified, eliminated or controlled. Maintaining housekeeping and organization. Other workers and/or mobile equipment coming into your work area.
- We report any and all perceived or potential hazards on the worksite.
- We report all near misses. When reported, we are able to collect information, identify trends, correct current problems, and prevent future incidents and injuries from happening.
- We coach, mentor and watch out for each other throughout the day.

A level of safety in the workplace where incidents are indeed a rare occurrence, does not guarantee future success, however it is an indication of a strong safety culture. It's up to all of us to never let our guard down. Continuous safety maintenance is the backbone of a strong safety culture and a truly safe workplace.

### **BACK EXERCISE AT YOUR DESK**

Sitting for long periods of time can strain your back. This great exercise can be performed right at your desk. Stand up, and place your hands on your thighs or knees, keeping your knees bent. Arch your back up like a camel, hunching the shoulders, and then alternately curve down like a cat, looking up toward the ceiling. You can also lean on your desk instead of your legs, if preferred. Take a break from sitting – aim to get up and move at least every 50 minutes.

Source: American College of Sports Medicine

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November 18

## **Almost an Accident**

How many times have you come close to having an accident, shrugged it off as a near miss, and gone on your merry way without giving it another thought? I want all of you to give it thought. Many times, the difference between a near miss and an accident is just a fraction of a second in timing or a fraction of an inch in distance. Next time, the difference may not be there.

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

There are a few accidents that occur without some advance warning—and that is what a near miss is. If we heed that warning and check into the hazard, most accidents can be eliminated. So, I want all of you to keep your eyes open for those advance warnings. Don't shrug off the near misses as only close calls; find out why they happened and who can take corrective action. Identify any Latent Organizational Weakness.

Don't take unnecessary chances or ignore warnings, and don't think "it can't happen to me." It can happen to you if you don't take precautions to protect yourself.

## **A MEATLESS OPTION**

Tofu is a bean curd made from fresh soymilk. The curds are pressed into cakes, creating silken, soft, firm or extra firm tofu. It is a highly versatile and nutritious food, and a great option for meatless cooking. Tofu is rich in protein, iron and calcium, and is low in sodium. Tofu takes on the flavor of the ingredients it is cooked with. Firm or extra firm tofu can be used in stir-fries, chili, tacos and soups. Soft tofu is great in dips, smoothies, sauces and dressings.

Source: Academy of Nutrition and Dietetics

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November 19

## **Safety as a perspective**

For some, safety only becomes an important consideration when they are doing a dangerous job or task. They rationalize that safety procedures can be bypassed or ignored when the task is simple, small, routine and seemingly presents little risk of injury. Unfortunately, this type of thinking is why many routine, and apparently safe tasks or jobs, end up resulting in the most serious of accidents.

Safe work habits should not be limited to those projects or tasks that are the most difficult or dangerous. Safe work habits should be part of your everyday work routine. If safety is not incorporated into every job or task you do, it's really only a matter of time before an accident occurs.

## **EXERCISE FOR A BETTER MOOD**

If you're feeling down, consider going for a walk, bike ride, or doing some kind of physical activity. Research shows that exercise helps to reduce stress, anxiety, and depression. In addition, it may also help boost self-esteem and improve sleep. For mild to moderate depression, exercise is often an underused treatment option. Exercise is not a cure all, but it releases endorphins that can improve your feelings of well-being and create a sense of accomplishment.

Source: Cleveland Clinic

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November 20

## **Your Attitude toward Safety Can Make All the Difference**

People instinctively seek to avoid pain and death. And yet, often, we may behave and act at work 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 don't 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? Always think likelihood versus consequences.

## **DEFENSIVE GAME PLAN FOR HEALTHY TAILGATING**

Any coach will agree—a good defense is critical to success on game day. If you're heading to the stadium, having a defensive game plan can help you enjoy a healthier tailgating experience. Warm up for game day with a good workout. Tackle the calorie heavyweights by eating smaller portions of your favorite tailgating fare. Don't get sacked by too much alcohol; pack bottled water and alternate drinking it with your alcoholic beverage.

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November 21

## **Setting the example for Safety**

Setting a good example is not a "put-on." It's simply working safety into your daily routine at home and on the job. When we all work safely, everyone's job is safe and their future more secure.

New employees certainly benefit by seeing operations conducted the safe way. As you all know from experience, people new on the job take a while to adjust and to discover who they are in the overall setup of the plant. New employees who have never held a job before or were employed by a firm that had a weak safety program probably will need considerable safety instruction. We'll attempt to give it to them, but naturally they also observe and seek advice and information from fellow workers. These early impressions of you and of safety operations will be at least partially formed through these contacts and observations.

## **DON'T TOSS LEFTOVER VEGGIES**

Instead of tossing out leftover veggies, our registered dietitian recommends pureeing them in a blender with low-sodium vegetable broth. Add seasonings and nonfat, low-fat or soy milk. This combo makes a quick and easy cream of vegetable soup. You can enjoy it during the next few days or freeze for later use!

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November 22

## **Computer Eye Strain**

Today we'll talk about eye strain, a growing problem around the world as technology enters our lives at work and at home.

As more people use computers in the workplace and home, complaints of eye fatigue, difficulty focusing and discomfort have become commonplace.

Computer video display terminals don't damage vision, but you might still experience eyestrain. Fortunately, rearranging your computer workstation, taking more frequent rest breaks, or getting proper glasses can often relieve these symptoms.

To pinpoint the cause of your discomfort, first get an eye exam by your ophthalmologist, who can rule out the possibility of eye disease as the cause of your symptoms. You may find you need glasses when working at a computer, or that your prescription needs updating.

Next, take a look at your computer workstation: Do you have or follow the appropriate:

- Screen distance
- Equipment
- Furniture
- Rest breaks

## **GOOD VS. BAD PAIN DURING EXERCISE**

It's not unusual to feel a little stiff and sore during exercise, especially at the onset when your body is gearing up. Soreness that appears after a hard workout is not uncommon either. This mild discomfort or "good pain" occurs with muscle building and should be short-lived. "Bad pain" is the kind that may signify an injury. It may be near a joint, become more intense during the workout, won't go away after you stop, and/or limits your motion. Avoid exercising through bad pain, and when in doubt, seek medical attention.

Source: John Hopkins Medicine

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November 23

## **Traveling Safety for Thanksgiving – Part I**

Here are some reminders to Live Safe during Thanksgiving travel in the first of a 4-part series.

- Use STAR(Stop, Think, Act, and Review)
- Have a Strong Questioning Attitude
- Conduct a Pre-Job Brief
  
- Prepare your vehicle for long-distance travel. Check your wipers and fluids. Have your radiator and cooling system serviced. Simple maintenance can prevent many of the problems that strand motorists on the side of the road before you leave your home.
- Plan ahead: Before you get on a highway, know your exit by name and number, and watch the signs as you near the off-ramp. Drivers making unexpected lane changes to exit often cause accidents.

## **SLEEPING POSITIONS**

Supporting your body in your favorite sleep position can help you get a better night's sleep and make it less likely you'll wake up sore. The most common sleep position is on your side with your knees bent. For support, place a pillow between your knees. Sleep on your back? Place a pillow under your knees to support the normal curve in your back. A small, rolled towel under your low back can also help. If you can only sleep on your stomach, try placing a pillow under your pelvis and lower abdomen to help reduce the strain on your back.

Source: MayoClinic

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November 24

## **Traveling Safety for Thanksgiving – Part II**

- Use a map or GPS: Few motorists plan their routes, even when driving through unfamiliar areas. Knowing the road is essential for safe driving. It allows you to anticipate lane changes and avoid a panicked search for directions.
- Check your emergency kit: Contents should include: battery powered radio, flashlight, blanket, jumper cables, fire extinguisher, first aid kit, bottled water, non-perishable foods, maps, tire repair kit and flares.
- Maintain a strong Questioning Attitude

## **BEVERAGE CALORIES ADD WEIGHT**

Don't forget to count the calories in sugared beverages. This includes soda, sweet coffee drinks, energy and sports drinks, and fruit drinks. A 16-ounce coffee drink has, on average, 200-300 calories, and one 12-ounce soda contains 150-200 calories. If you are trying to lose weight, liquid calories can add up quickly, and they do not fill you up the way food does. If you regularly drink sugared beverages, try cutting back. Start by switching part or all of your consumption to sugar-free drinks. Consider making your own flavored beverage by simply squeezing fresh lemon juice into your water.

Source: Academy of Nutrition and Dietetics

November 25

### **Traveling Safety for Thanksgiving – Part III**

- Be aware of changes in weather. Weather conditions across the U.S. will be changing,- especially during early mornings and evenings. Watch for ice, snow and other weather-related obstacles. Also, remember weather can change dramatically from when you start your trip to when you end. Bring a sweater, and watch for the signs.
- Thanksgiving is the most traveled holiday and more motorists create additional obstacles.- Be sure to use extra caution. Leave early so you won't be anxious about arriving late and to accommodate delays. Road conditions may change due to inclement weather or traffic congestion.
- If any changes occur use STAR(Stop, Think, Act, and Review) to assess hazards

### **SOMETHING IS BETTER THAN NOTHING**

According to the American Heart Association, moderate-intensity aerobic exercise 3 or 4 times per week for an average of 40 minutes can help lower blood pressure and cholesterol. If it is hard finding time or you don't think you can do this much exercise right now, start by setting a reachable goal for today. Some activity is always better than no activity!

Source: American Heart Association

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November 26

## **Traveling Safety for Thanksgiving - Part IV**

- Know your limitations: Don't drive when tired, upset or physically ill. Remember, when traveling in a car, you are in control and can take a break if needed.
- Buckle up: Safety belts reduce the risk of fatal injury by 45% and are a simple way to increase your safety on the road.
- If possible use Peer Checking during the trip

## **HIGH-FIBER CEREAL IDEAS**

Does the term “high-fiber cereal” make you think cardboard? There are now many tasty high-fiber cereal choices. You might have to try a few different types to find one that you enjoy. If you don't enjoy eating high-fiber cereal for breakfast, another option is to try using it as a condiment! Sprinkle it on top of a salad, add it to yogurt for extra crunch, and use it in place of breadcrumbs in cooking. Just a half-cup of high-fiber cereal can provide as much as 13 grams of fiber, about half the recommended daily intake.

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November 27

## Thanksgiving Day Safe Cooking

Thanksgiving would not be the same without friends, family and a large meal. Here are some tips to keep everyone safe during this special day.

- Before cooking use STAR(Stop, Think, Act, and Review) to prevent any cooking accidents
- Never thaw a turkey at room temperature because this promotes the growth of dangerous bacteria.
- Start holiday cooking with a clean stove and oven. Ensure all decorations and other clutter is away from the cooking surfaces.
- When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- When it's time to cut the turkey, be sure to utilize a sharp knife. Sharp knives cut easier than dull ones and you're less likely to cut yourself accidentally.

Have a safe Thanksgiving.

## TIE ONE ON FOR SAFETY THIS HOLIDAY SEASON

One of the most dangerous times of the year for our nation's roadways is between Thanksgiving and New Year's Day. That's why every holiday season, Mothers Against Drunk Driving asks drivers to display a MADD *Tie One On For Safety* red ribbon on their vehicle as a reminder to drive safe, sober and buckled up.

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November 28

## **Sleep Safety**

Getting plenty of sleep is a very important part of your personal safety. Most people need 7.5-8.5 hours of sleep each 24-hour day. Research that tested a fatigued state from continuous hours of wakefulness against blood alcohol levels concluded that:

1. 17 hours awake is equivalent to a blood alcohol content of .05
2. 21 hours awake is equivalent to a blood alcohol content of .08 (the legal limit in Ohio)
3. 24-25 hours awake is equivalent to a blood alcohol content of .10

In addition to fatigue caused by shortened periods of sleep, the quality of sleep during the day is not the same as during the night. People have a natural tendency to be awake during the day. Every person has a circadian rhythm, an internal biological time clock. This rhythm follows body temperature and changes our level of mental alertness.

Typically, in a 24-hour period, our alertness is reduced between the hours of 3:00 and 5:00 during the day and the night. So during night shifts, workers are fighting against their natural rhythm to stay awake at a time when they would naturally sleep.

How about you? Do you get enough sleep? It is important that you do for your safety and the safety of your co-workers. The trap of mental fatigue can occur from the lack of sleep. The lack of sleep can also cause one to become distracted,

## **HAND WEIGHTS WHILE WALKING**

Carrying hand weights while walking may offer more risks than benefits. Carrying weights will not provide the resistance needed to tone your muscles, but it can increase your blood pressure as well as your risk for injury, especially to your arm muscles and joints. Safer ways to increase intensity include using walking poles or a weighted vest, which can distribute added weight across your body.

Source: The Walking Site

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November 29

## **Winter Slip Prevention**

As you race through the door seconds before the shift or work day begins, your foot slips in the puddle of slush melting inside the entrance. Flat on your back, you wonder how this happened. A small patch of ice on the stairs, a puddle on the floor, or snow on the sidewalk can put you down. Use extra caution to keep on your feet this winter such as;

- Avoid time pressures. Give yourself plenty of time to get to your destination.
- Wear slip-resistant footwear, appropriate for the weather
- Keep skid-resistant door mats near entrances to dry your footwear.
- Anticipate hazards as you are walking. When you come to a corner, slow down. If you think a surface might be slippery, take short sure steps instead of longer strides.
- Make sure you can see over the top of parcels you are carrying while you walk. Try to keep one hand free to use handrails on stairways.
- When getting in and out of vehicles, always keep at least one hand on the handle or grab bar so you can catch yourself if you start to slip.
- Try to avoid climbing ladders in cold weather. The rungs could be covered with clear ice. If you must climb a ladder, examine it carefully and proceed with caution.
- Keep pathways at work and home clear of snow and ice. If possible, turn on extra lights at night to illuminate the area.
- Pay particular attention when you are walking after dark. Remember that drivers will have a difficult time seeing you, so be sure to wear light colored clothing and watch out for vehicles.

## **SIDE STITCHES**

At one time or another, most of us have experienced a side stitch during exercise—that intense, stabbing pain felt just below the rib cage, usually on the right side. Though not serious, it can be a nuisance. To get rid of a stitch, stop exercising, or at least reduce your intensity, and deeply massage the area while pushing up towards your rib cage. At the same time, take deep breaths through pursed lips. Resume your activity when the pain subsides.

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November 30

## **Preparing for Winter Work**

Working outside in the winter can be a dirty job, but many of us have to do it. Are you ready for winter work? Here are some reminders about dressing for the weather and staying strong, healthy and safe:

- Two big concerns of working or simply spending time outdoors in cold weather are frostbite and hypothermia. Both can occur at much higher temperatures than many people realize.
- Wear the right gloves for the work you are doing.
- Dress in layers of light-weight clothing which keep you warmer than a single layer of heavy clothes.
- While donning a scarf or muffler might help keep your neck warm in the cold weather, it could also kill you if you work near rotating machinery.
- Keep your safety eyewear from fogging up in the cold. Investigate anti-fog coatings and wipes to see if these products are appropriate for your eyewear.
- Look at the soles of your winter footwear.
- Eat winter-weight meals. This does not mean a high fat diet, but one with enough calories and nutrients to give you the fuel you need.
- Get plenty of rest.

Did you know that 70% of deaths during snow or ice storms occur in vehicles? It pays to carry blankets or sleeping bags, matches, candles, a snow shovel and sandbags, a flashlight, and non-perishable food such as cereal bars, in case a winter storm sidelines you in your vehicle.

## **KIDS AND FOOD COMMERCIALS**

A recent study found that nine out of 10 food advertisements shown during Saturday morning children's television programming are for foods high in fat, sodium or added sugars, or low in nutrients. Researchers also report that children eat more after a food commercial than after an advertisement for a toy. Help balance your child's diet by complementing every less nutritious cereal or snack with three healthy foods. Healthy choices include fruits, veggies, whole-grain pretzels or crackers, yogurt, peanut butter in moderation, or popcorn.

Source: National Institutes of Health

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