

Safety Principle:

Deficiencies Must Be Corrected Promptly

MONTH of September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 – Labor Day Holiday Safety Awareness	2 – Safety Awareness Behaviors	3 – Keep Your Eye On The Ball	4 – The Zen Of Safety	5 – Tunnel Vision	6 - Impairment
7 – Your Actions Are In The Spotlight	8 – Take Action	9 - Anger And Injuries	10 - Anger And What To Do	11 – Do It The Safe Way	12 – No Excuses	13 – Practical Jokes
14 – Just Once	15 - Complacency	16 - Autopilot	17 – Report All Near Misses	18 – Be Aware Of Near Misses	19 - Reporting	20 – Avoiding Slips, Trips And Falls
21 – Three Point Contact	22 - Safe Work Habits	23 – Getting Plenty Of Sleep	24 – Fatigue	25 - Safety Is Everyone's Responsibility	26 – Safety Benefits Everyone	27 – Lack Of Physical Stretching
28 – What To Do In Emergencies	29 – Why Do We Have Safety Meetings	30 – How Do Accidents Affect You				

Deficiencies Must Be Corrected Promptly.

Daily Safety and Health Topics

September 2014

Focus on Guiding Principle:

“Deficiencies Must Be Corrected Promptly”



Deficiencies Must Be Corrected Promptly.

September 1

Safety Awareness

Safety Awareness is like almost everything else we do--it is learned, not instinctive. We are not born with awareness for safety concerns. We learn through various means. Some learn by doing, others by watching, and some by reading. Others learn by their mistakes or the mistakes of others, which is one reason we talk about near misses and injuries at Entergy. Human Performance Principle 5 reminds us that a complete understanding of why past unplanned events happened can help us prevent future ones. And we correct deficiencies promptly.

Health Tip of the Day

SAVE CALORIES WITH PIZZA

The type of pizza crust you choose can make a difference when it comes to total calories. Consider that an average slice of thin-crust cheese pizza has about 200 calories; a deep-dish pan slice about 280 calories; and a stuffed-crust cheese slice contains a whopping 360 calories per slice! So for a more healthful pizza, choose a thin whole-wheat crust. Also think about toppings, opting for veggies and/or fruit instead of high-fat meats will save calories and saturated fat.

Source: *Nutrition in the Fast Lane*

Deficiencies Must Be Corrected Promptly.

September 2

Safety Awareness Behaviors

How do you know you've developed good safety awareness? Here are some good examples of behaviors that suggest you have good safety awareness:

- 1) Before you begin a job, you consider how to do it more safely.
- 2) You make sure you know how and when to use personal protective equipment.
- 3) As you work, you check you position to reduce strain on your body.
- 4) While you are working, you become aware of any changes in the area like people coming or going, jobs beginning or ending.
- 5) You start talking with others about safety.

Monitor yourself today and see if you have good safety awareness and keep a strong questioning attitude.

Health Tip of the Day

KEEP BBQS SAFE

It's summer and for most people this means time for a barbecue. To keep yourself and others safe from foodborne illness: (1) Never return cooked meats to the raw meat plate. (2) Use different utensils for raw meat and any other foods (3) Marinate foods in the refrigerator, not on the counter. (4) Store leftovers in the freezer or refrigerator within two hours after cooking (one hour if temperature is above 90° F). (5) Eat leftovers within a few days or discard.

Source: [Partnership for Food Safety Education](#)

Deficiencies Must Be Corrected Promptly.

September 3

Keep Your Eye On The Ball

One of life's biggest lessons is to keep your eye on the ball. In other words, stay vigilant and focused in everything you do. Always Stop, Think, Act, and Review. Many good and bad things can occur around you each and every day; you must stay focused at the task at hand. Don't let the "security" of the environment cause you to drop your guard when it comes to safety. Remember when you see something potentially unsafe raise the issue immediately.

Health Tip of the Day

CHOKING FIRST AID (Part 1)

Choking and suffocation is the third leading cause of death in homes and communities in the United States. If someone starts to choke but they can speak and they are not turning blue, this is a sign that they have a partial airway obstruction, and it is best to encourage them to cough to remove the obstruction themselves. Skin, lips or nails turning blue and not being able to speak are signs of a total airway obstruction. It is important to begin first aid immediately and have someone call 911. Tune in tomorrow to learn about choking first aid techniques.

Source: National Safety Council

Deficiencies Must Be Corrected Promptly.

September 4

The Zen of Safety

The practice of Zen is to bring one totally into the present moment. This is also a continual theme in safety—keeping one's attention on what one is doing.

If your attention is wandering, you are daydreaming or simply not paying attention to what you are doing, you can easily get injured. Some of the most serious injuries in industry involved a moment of inattention.

The best advice on the subject recently is to build "safety moments" into your day. Clearly we must do this at the beginning of every new task. Research has shown that taking two to four seconds before performing a task and doing a mini hazard assessment can reduce your chances of injury by more than 90 percent versus not taking the four seconds. Look around. Do a good Pre-Job Brief. Who is working in the area? Is the area clear? Do you have the right tools? What are the conditions around you?

Health Tip of the Day

CHOKING FIRST AID (Part 2)

If you are choking, let others know by using the universal sign for choking—hands clutched to the throat. If you see someone choking, and they are conscious, the American Red Cross recommends having someone call 911, getting the victim's consent and immediately performing a "five-and-five" first aid approach: 1. Give 5 back blows between the person's shoulder blades with the heel of your hand (back blows were reintroduced by the Red Cross in 2006) 2. Give 5 abdominal thrusts 3. Alternate between 5 blows and 5 thrusts until the blockage is dislodged.

Source: American Red Cross, Mayo Clinic

Deficiencies Must Be Corrected Promptly.

September 5

Tunnel Vision

Some people talk about Take Two before starting a task. That means to look around before you start a task for any hazards that may cause you, or someone else, injury. Have you ever become so focused on what you're doing that you get tunnel vision and start to ignore what is going on around you, especially behind you?

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. Always use Peer Checking when working with a co-worker or a friend at home. It may save someone a lot of pain.

Health Tip of the Day

CHOKING FIRST AID (Part 3)

Abdominal thrusts, also called the Heimlich maneuver, are performed on someone else by: 1. Standing behind the person and wrapping your arms around the person's waist. 2. Put your fist above their navel and tip them forward slightly. 3. Press your fist hard into their stomach with a quick, upward thrust, almost like if you're trying to lift the person up. If you are alone, you can perform the Heimlich on yourself by placing your own fist into your navel and using a hard surface like a counter top to shove your fist inward and upward. Visit www.redcross.org for more information.

Source: American Red Cross

Deficiencies Must Be Corrected Promptly.

September 6

Impairment

Physical or mental impairment: A worker with a physical or mental impairment which may affect their ability to safely perform assigned work must inform his or her supervisor or employer of the impairment, and must not knowingly do work where the impairment may create an undue risk to the worker or anyone else. Use effective communication to understand the mental and physical capacity of the person(s) you are working with or around.

Impairment by alcohol, drug or other substance: A person must not enter or remain at any workplace while the person's ability to work is affected by alcohol, a drug or other substance so as to endanger the person or anyone else.

Every worker must ensure that the worker's ability to work without risk to his or her health or safety, or to the health or safety of any other person, is not impaired by alcohol, drugs or other causes.

Health Tip of the Day

STAY SAFE SWIMMING

Swimming is an all-around great exercise but play it safe. **Keep an eye on friends and family.** Drowning can occur in as little as 20 seconds for children and 60 seconds for an adult. Drowning is known as the “silent killer” because most victims slip beneath the water without a sound. Paying close attention to those around you can drastically reduce such accidents. Never swim alone. Lastly, learn to swim! The American Red Cross has swimming courses for people of any age and swimming ability. To learn more, go to www.redcross.org (click on Take a Class).

Source: Lower Colorado River Authority

Deficiencies Must Be Corrected Promptly.

September 7

Your Actions Are in the Spotlight

When working with new employees on the job or working around the house with your children, your actions are in the spotlight. Both new employees and children are like sponges and want to absorb everything they see their peer/parent say and do so they too can perform a good job.

What type of example are you setting? Think about that as you work today and look at each task you do. Are you doing it safely? Are there dangers? Are you maintaining a strong questioning attitude? Would I want to teach someone I care about that this is the way to do the task? All important questions to ask ourselves.

Health Tip of the Day

CORD BLOOD AWARENESS

Before a baby is born, the umbilical cord is its lifeline. But, did you know that same cord can also give hope for new life to others? Like bone marrow, cord blood is rich in the blood-forming cells that can be used in transplants for patients with leukemia, lymphoma and many other life-threatening diseases. (These cells are **not** embryonic stem cells.) For more information about donating bone marrow or umbilical cord blood visit: bethematch.org.

Source: Be The Match

Deficiencies Must Be Corrected Promptly.

September 8

Take Action

A committed, conscientious person will say "it's not my fault, but it's my problem."

These individuals identify themselves by their actions; they pick up that piece of garbage on the ground. They're quick to lend a co-worker a hand or show them a better, safer way. They step up and take the high road any chance they get.

These individuals see an opportunity every time a situation presents itself to eliminate a trip hazard, lighten the load for a co-worker or to help them keep out of harm's way. They may not be a supervisor or a lead hand, but they lead by example, they answer to themselves.

When you get enough of these individuals working together you have a company of people that do the right things, follow safe work procedures, help and look out for each other. If this sounds familiar, keep up the good work! If this sounds like an opportunity, welcome aboard! We're always looking for new members.

Health Tip of the Day

HEALTHY HUMMUS RECIPE

Here's a quick and healthy hummus (chickpeas) recipe for your next social event or party. Blend or food process one 19-ounce can of chickpeas (also called garbanzo beans) and 1/4 cup reserved liquid from the chickpeas, 2 tablespoons lemon juice and 2 tablespoons minced garlic. Spread onto a whole-wheat pita and top with shredded carrots, sliced olives, grilled eggplant, and roasted red peppers for a delicious and healthy appetizer, snack or light meal.

Deficiencies Must Be Corrected Promptly.

September 9

Anger and Injuries

If you have angry workers in your department or you yourself are angry, you may end up reporting more injuries on the job. A recent study by the Annals of Family Medicine found that high levels of anger increase the risk of injury. Angry people are more likely to sustain injuries serious enough to require emergency medical care, and the risk is higher for men than women, says lead author Daniel Vinson of the University of Missouri. Anger more than quadrupled a person's odds of being injured.

So...anger is a big risk factor. Tomorrow we'll talk about what to do with anger issues.

Health Tip of the Day

PROTECT AGAINST EXTREME HEAT

Extreme heat is when summertime temperatures are substantially hotter and/or more humid than the average for a location at that time of year. Air conditioning is the number one factor in preventing heat related illness and death. Other ways to protect yourself from the heat include: Drink plenty of fluids, replace salt and minerals in your body, wear lightweight and loose-fitting clothing, wear sunscreen, and limit outdoor activity to mornings and evenings. And above all, NEVER LEAVE CHILDREN OR PETS IN CARS!

Source: Centers for Disease Control and Prevention

Deficiencies Must Be Corrected Promptly.

September 10

Anger and What to Do

There is little doubt that anger can be a contributing factor in workplace injuries, but what do you do about it? Here are some tips:

- 1) Decide to be calm: Don't react, think! Remember your goals and respond appropriately. Choose to remain calm!
- 2) Communicate: When someone upsets you, tell them. Calmly tell them how you feel about their words or actions. Express yourself –clear and composed.
- 3) Remove yourself: Get away from the scene until you can respond without anger. Keep in mind you can reach out to someone you trust for help.
- 4) Take time for yourself: Do something you enjoy like walking, biking, reading, etc. Do something nice for someone you admire. Watch out for mental fatigue.
- 5) Look for the positives: Don't dwell on the negatives. "Don't sweat the small stuff." Don't worry about things that are out of your personal control.

Health Tip of the Day

ORANGES ADD ZEST TO SALAD

Add sweetness and color to your next salad. Use a small can of mandarin oranges. One half-cup (canned in light syrup) contains about 80 calories, no fat, 15 percent of your daily vitamin C needs, 25 percent for vitamin A and 6 percent for iron. Mandarin oranges make a great addition to a spinach salad, along with chopped mushrooms, onions and sweet red peppers.

Deficiencies Must Be Corrected Promptly.

September 11

Do It the Safe Way

Each of us get the feeling of being rushed or hurried (time pressure trap), or just complacent and take shortcuts that aren't safe and may cause us to have an injury. You know what they are – you've probably had to make that decision about a shortcut in the past.

We tend to do something to fool ourselves sometimes and think it will only affect us, however the risks we take can impact our co-workers, our family, our friends and the community in ways that may not be obvious or haven't occurred before.

Remember -- *do it the safe way.*

Health Tip of the Day

EXTREME HEAT-WHAT TO DRINK

It's important to drink water during times of heat and activity. However, if you are an athlete doing prolonged, intense exercise and gulping down lots of water, there is another risk to consider. Hyponatremia is a condition that occurs when the sodium in your body becomes too low. This can occur by drinking too much water during an endurance sport. Warning signs include nausea, muscle cramps, slurred speech, and confusion. For high-energy or prolonged athletic events, a sports drink, which replaces sodium and other electrolytes, is a better choice than plain water. If, however, you are just out for a 20- to 30-minute walk, water is best.

Source: National Institutes of Health

Deficiencies Must Be Corrected Promptly.

September 12

No Excuses

Is there ever an excuse not to work safely? In one sense or another we get confronted with this question every day. There are deadlines and people looking over our shoulders (sometimes literally), or the weather is nasty and we want to take that little shortcut to get the job done quicker. All the time pressures and temptations we face every day ask this same question, "Is there ever an excuse not to work safely?"

We sometimes want to say, "Maybe just this one time I will take a chance. I can get away with it once." Unfortunately, that seems to be the time when we have our worst injuries. Always follow proper procedures and address unsafe conditions promptly.

Health Tip of the Day

MAKE YOUR OWN FRUIT POPS

Hot summer months can leave you craving a cool refreshing treat. Instead of grabbing a high-calorie ice cream bar, try a healthy frozen fruit pop. Place berries, such as blueberries, raspberries and chopped strawberries, in a small cup. Add cranberry or pineapple juice to fill about 2/3 of the cup. Add a wooden Popsicle stick and freeze. After freezing, run warm water over the cup to release the fruit pop and enjoy.

Deficiencies Must Be Corrected Promptly.

September 13

Practical Jokes

A person who always wants to be the center of attraction or who thinks they must be the “life of the party”, is the person who usually likes to engage in horseplay. There is always a possibility of horseplay at work, even in a small group.

The following could be classed as horseplay on the job. As you hear them, try to think of the serious things that could happen as a result: teasing the operator while he is busy on a machine; shoving, pushing or tripping a co-worker; throwing tools or other objects; wrestling or scuffling: pulling a bench or stool out from under someone as they are about to sit down.

Remember, painful or serious injuries can occur due to activities that were just for the sake of a laugh . The chances are too big to take. It's also against company policy.

Be on the lookout for practical jokers. Probably the biggest favor you could do everyone is to report any horseplay. .

Health Tip of the Day

DON'T SCALE DOWN YOUR MOOD

Does the number on your bathroom scale determine your mood for the day? For some people, even a small weight gain can create a cycle of frustration, making them turn to food for comfort, which only perpetuates the problem. First, remember that small daily changes in your weight can also be due to fluid changes or extra clothing. Your self-worth should not be tied to the number on the scale. Consider making a shift from being weight-centered to being health-centered by eating a healthful diet, staying active and feeling good about yourself, no matter what the scale says!

Source: Women Afraid To Eat by Frances M. Berg

Deficiencies Must Be Corrected Promptly.

September 14

Just Once

The vast majority of industrial injuries are the result of people doing something that they know is wrong. We might think that the rule can be broken just this once. However, the reason most company safety rules and most OSHA regulations are in place is because someone was seriously injured or killed not following the safest work practice.

If you think what you are about to do is unsafe, it probably is. Stop and think about it. Is there ever an excuse not to work safely? Human Performance Principle 2 teaches us situations that lead to unplanned events are predictable, manageable and can be prevented.

Health Tip of the Day

FEELING OVERSTIMULATED?

Besides making it hard to fall asleep, too much caffeine can cause insomnia, nervousness, irritability, stomach problems, and headaches. To find out how much caffeine you are getting, try keeping a journal. Moderate caffeine intake is about two to four cups of coffee (roughly 200-300 mg of caffeine) per day. If you think you may be drinking too much caffeine, cut back by one half-cup of coffee or one less soda per day, not all at once. This usually will help reduce the risk of severe caffeine-withdrawal headaches.

Source: National Institutes of Health

Deficiencies Must Be Corrected Promptly.

September 15

Complacency

Webster's Dictionary defines complacency as:

Self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.

Complacency is perhaps one of the biggest problems we face in completing our day-to-day tasks. We are "used" to things being a certain way each time and unless the obvious comes right out and hits us, we can be oblivious to it all. This is a state of mind that can affect many things such as productivity, quality and safety.

Health Tip of the Day

HOW TO KEEP BLISTERS AWAY

If you want to be kind to your feet, choose your athletic socks carefully. Fitness experts recommend staying away from 100 percent cotton socks when exercising. They can become soggy after absorbing sweat, increasing your risk for developing blisters. Instead, consider using socks with synthetic materials (such as nylon or acrylic). These materials will reduce moisture, help keep your feet dry, and diminish your risk for blisters.

Source: American Academy of Podiatric Sports Medicine

Deficiencies Must Be Corrected Promptly.

September 16

Autopilot

There is much danger in going into “autopilot” when working on the job. All too often we don’t realize how complacent or overconfident we are until we have a near miss or close call. Those events tend to jump start our hearts and focus our attention, at least for a little while, on the task at hand.

One technique found to be effective in battling complacency in your own actions is to watch the actions of other while they work. This has a dual effect: it raises your awareness as you examine the actions of a co-worker working, and it may raise your co-worker’s awareness if you share with them your observations. Everyone wins.

Try this technique today. You'll find it truly can work well for everyone.

Health Tip of the Day

GET SHOTS BEFORE GOING ABROAD

Heading to an international destination this year? If so, the Centers for Disease Control and Prevention recommend getting vaccinated. The shots you need depend on your destination, whether you will spend time in rural areas, the season, your age, health status, and previous immunizations. The CDC recommends that travelers schedule a visit with their doctor or travel medicine provider at least four to six weeks before leaving to start the vaccinations. For additional information on traveling abroad, look for tomorrow’s tip of the day.

Source: Centers for Disease Control and Prevention

Daily Diversity Message

Deficiencies Must Be Corrected Promptly.

September 17

Report All Near Misses

Near Miss incidents do not often result in injuries. However, ignoring a near miss means you could be paving the way for a serious injury to happen. You must report all near misses promptly so they can be investigated and the hazard removed before someone does get hurt. For every reported first aid or minor injury, there are on average hundreds of near miss incidents that have gone unreported.

Health Tip of the Day

TRAVELING ABROAD?

If you are headed to an international location this year, along with updating your vaccinations, consider packing a travel health kit. The kit should include your daily medicines in their original containers along with your written prescriptions, pain relievers, diarrhea medicine, first aid items, hand gel (at least 60 percent alcohol), insect repellent, and malaria prevention medicine, if needed. Don't forget to register with the U.S. Department of State in case of an emergency and check your health insurance plan to see if it will cover your health needs abroad. For more information, visit www.cdc.gov/travel.

Source: Centers for Disease Control and Prevention

Deficiencies Must Be Corrected Promptly.

September 18

Be Aware Of Near Misses

Near Misses are situations in which a worker has a narrow escape from getting hurt. The worker probably feels lucky about getting away uninjured. If we pay attention, these incidents can do more; They provide a preview of an injury that could happen, so measures can be taken now to prevent it.

Being aware of near misses off the job can also help prevent accidents. If you have a close call driving in traffic, take the time to review what happened, why and how you could avoid such problems in the future. If you slip while you are walking, check to see why it happened – you may learn something that will prevent a future injury. Remember: a complete understanding of why past unplanned events happened can help us prevent future ones. (Human Performance Principle 5)

Health Tip of the Day

SIGNS OF HEAT ILLNESSES

Are you in a heat wave? Learn the signs of heat illnesses. If you experience heat rash and cramps, seek cooler temperatures and replace lost fluids. Heat exhaustion and heat stroke are far more serious, even deadly. They happen when the body can no longer cool itself properly. Signs of heat exhaustion include heavy sweating, paleness, muscle cramps and weakness. Signs of heat stroke are red, hot and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; nausea; and high body temperature. Anyone with these symptoms should move out of the heat and seek emergency medical attention.

Source: Centers for Disease Control and Prevention

Deficiencies Must Be Corrected Promptly.

September 19

Reporting

Why report all hazards, near misses, first aids and injuries?

- If you report a problem, you may keep someone else from getting hurt.
- First Aid incidents can have major complications. You might think you aren't badly hurt, but you may develop problems later.
- Never ignore hazards. Either repair the problem (if you are authorized and qualified to do so), or, report the problem so someone else can correct it.

Things go wrong sometimes. It is up to you to report problems so things go right next time.

Health Tip of the Day

GREEN CLEANING

Did you know that a “greener” home might also be a healthier home? Many cleaning products contain ingredients that are linked to asthma and other health problems. Reduce your family’s risk by choosing “green” cleaning alternatives that are also healthier for the environment. For example, white vinegar diluted with water is a great window cleaner and baking soda mixed with water can be used as a scrubbing agent. Because children can be more vulnerable to toxic chemicals, allow them to clean with soap and water, instead of toxic cleaners.

Source: Environmental Working Group

Deficiencies Must Be Corrected Promptly.

September 20

Avoiding Slips, Trips and Falls

Slips, trips and falls typically account for 20 percent of work injuries. That's 13 million injuries per year! Climbing into and out of mobile equipment presents a common exposure to slips and falls. Inclement weather, change in the physical environment, greasy or broken steps or grab handles, and the rush of the work day make this a serious exposure.

Most slip and fall injuries are minor. However, 15,000 people die each year as a result of these incidents. Old habits are hard to break, but properly climbing onto and off of mobile equipment may prevent you from becoming a slip-and-fall statistic.

Health Tip of the Day

WHAT AFFECTS ABSORPTION?

Iron supplementation can be beneficial for some people who are at risk of deficiency such as pregnant women, female athletes or women with heavy menstrual cycles. To get the most out of iron supplements, avoid taking them with coffee, tea or milk. These beverages contain substances that can inhibit the absorption of iron. Vitamin C can improve iron absorption, so some doctors suggest taking your iron pill with orange juice. Check with your physician before adding an iron supplement to your diet.

Source: National Institutes of Health

Deficiencies Must Be Corrected Promptly.

September 21

Three Point Contact

The three-point technique is a simple and effective way to minimize the risk of falling. Use this technique if you are entering the cab of a forklift, climbing onto the bed of a truck or climbing into/onto any other piece of equipment. When you are climbing, at least three limbs should always be in contact with the equipment. You cannot have three points of contact if you are jumping off or sliding out of the seat.

Other points to remember include:

- Wear footwear appropriate to the job.
- Keep the steps and grab rails clean.
- Make sure the lights are working so you can see where you are climbing.
- Do not use the steering wheel or control handles as handholds.

Health Tip of the Day

BANISH BAD BREATH

Bad breath or halitosis can be an unpleasant condition that's cause for embarrassment. One common cause is if you don't brush and floss daily, particles of food remain in the mouth, collecting bacteria, which can cause bad breath. Food that collects between the teeth, on the tongue and around the gums can rot, leaving an unpleasant odor. Bad breath can also be caused by dry mouth, gum disease, tobacco products, or a medical disorder. If you're concerned about bad breath, see your dentist.

Source: American Dental Association

Deficiencies Must Be Corrected Promptly.

September 22

Safe Work Habits

In almost 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 of us have very good habits while some of us could use a little work. Let's look at a few tasks:

- 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 scrape the frost off your entire windshield prior to getting in the car?
- Do you wear safety glasses and long pants when you use your yard trimmer?
- Do you turn your head and check your blind spot prior to switching lanes?
- 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. Habits are built over time and with deliberate attention. How about you?

Health Tip of the Day

VEGETABLE OILS—WHICH ONES TO CHOOSE

Vegetable oils such as olive and canola oil are rich in beneficial mono and polyunsaturated fatty acids. These fats can help lower your blood cholesterol level when you use them in place of saturated and trans fat. Coconut, palm and palm kernel oils are high in artery-clogging saturated fat. Since all oils have 125 calories per tablespoon, consider your portion size. Even healthy fats can contribute to weight gain if used too freely.

Source: American Heart Association

Deficiencies Must Be Corrected Promptly.

September 23

Getting Plenty of Sleep

Getting plenty of sleep is a very important part of your personal safety. Most people need 7.5 to 8.5 hours of sleep each 24-hour day.

Sleep loss built up slowly over several nights can be as harmful as sleep loss in one night. Both produce a decline in performance such as slower reaction times, failure to respond to changes, and the inability to concentrate and make reasonable judgments.

All of these lead to the trap of mental fatigue. Make proper sleep a priority.

Health Tip of the Day

FIND RELIEF FROM HEARTBURN

According to the American College of Gastroenterology, making a few dietary changes can help with occasional heartburn. Avoid foods and beverages that contribute to heartburn, such as fatty, greasy or spicy foods, peppermint, chocolate, coffee, tomato products, alcohol and carbonated beverages. It is also recommended that you avoid eating two to three hours before bedtime.

Source: American College of Gastroenterology

Deficiencies Must Be Corrected Promptly.

September 24

Fatigue

Research that tested a fatigued state from continuous hours of wakefulness against blood alcohol levels concluded that extended hours of wakefulness can lead to performance and reaction times that are equivalent to blood alcohol levels which are widely considered dangerous for operating vehicles

Typically, in a 24-hour period, our alertness is reduced between the hours of 3 and 5, during both 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.

Health Tip of the Day

MOCK SOUR CREAM

Try this recipe as a sour cream substitute! Blend one cup low-fat cottage cheese, 1/4 cup low-fat buttermilk and 1/2 tablespoon lemon juice in a blender until smooth. This makes 16 tablespoon-sized servings with only 14 calories and 0.3 grams of fat per serving! Use as a topping for baked potatoes, gazpacho (a chilled soup) and low-fat tacos.

Deficiencies Must Be Corrected Promptly.

September 25

Safety is Everyone's Responsibility

Safety is everyone's responsibility! As an employee, you should:

- Use all Human Performance Tools.
- Learn to work safely and take all rules seriously.
- Recognize hazards and avoid them.
- **Report all near misses, first aid incidents, injuries and illness to your supervisor immediately.**
- Inspect tools before use to avoid injury.
- Wear all assigned personal protective equipment.

Health Tip of the Day

RESTLESS LEG SYNDROME

Restless Leg Syndrome is a disruptive neurological disorder characterized by the irresistible urge to move the legs when at rest. It is often followed by unpleasant sensations described as creeping, tugging or pulling. If you think you may have RLS, see a health care provider; don't diagnose yourself. Once other conditions have been ruled out and you have been diagnosed with RLS, it can be managed. Visit www.rls.org for additional information.

Source: Restless Leg Syndrome Foundation

Deficiencies Must Be Corrected Promptly.

September 26

Safety Benefits Everyone

Always use the protections that are provided on the job:

- Guards on machines and tools keep body parts from contacting moving equipment.
- Insulation on electrical equipment helps prevents burns, shock and fire.
- Lockout/tagout helps assures equipment is de-energized before it is repaired.
- Personal protective equipment shields your body from hazards you may face on the job.

In case of emergency:

- Understand alarms and evacuation routes and know how to notify emergency response personnel.
- Leave the scene safely so emergency personnel can do their job.

Safety benefits everyone. By incorporating Human Performance tools, safety rules, employees avoid injury as well as illness from exposure to hazardous substances.

Health Tip of the Day

APPLES VS. PEARS

Are you an apple or a pear? If you tend to carry most of your extra weight around your stomach then you have an “apple-shaped” body. If extra weight tends to gather around your hips, buttocks and thighs then you have a “pear-shaped” body.

Research has shown that overweight “apple-shaped” people can be more at risk for heart disease, stroke, type 2 diabetes, hypertension and several types of cancer.

Some good news for “apples”—while abdominal fat tends to accumulate faster than other fat, it also tends to come off faster!

Source: Healthwise

Deficiencies Must Be Corrected Promptly.

September 27

Lack of Physical Stretching

Stretching is a positive action that keeps us from harm, but is mostly overlooked because it is not seen as being necessary. Start your day with warmup stretching and perform periodic posture relief stretches throughout the day.

Health Tip of the Day

ST. JOHN'S WORT

St. John's Wort may help with some types of depression, but it is not a proven therapy. Experts advise against taking St. John's Wort along with prescription antidepressants. The two may interact, leading to adverse effects. It can limit the effectiveness of other medications as well. Common side effects include dry mouth, dizziness, diarrhea, nausea and fatigue. If you are thinking about using St. John's Wort or other herbal remedies while also taking a prescription medicine, first consult with your doctor.

Source: National Institutes of Health

Deficiencies Must Be Corrected Promptly.

September 28

What to Do In Emergencies

Many people mistakenly believe that they are competent to handle emergencies, though the trouble comes when there is no plan to deal with them. Do you know your location's Emergency Response Plan? If not, learn it. It just might save a life. Follow all posted procedures and report any unsafe conditions immediately.

Health Tip of the Day

A TREATMENT FOR VERTIGO

Vertigo, a sensation of spinning or whirling, usually occurs as a result of a disorder in the inner ear. Positional vertigo is one of the most common types and can be triggered when the sufferer turns his/her head in certain ways. Neurologists find that teaching patients a specialized head-turning maneuver called the "Epley maneuver" can be an effective treatment. These carefully planned patterns of head motions should only be prescribed and taught by a trained professional. If you experience symptoms of vertigo, talk to your physician.

Source: National Institutes of Health

Deficiencies Must Be Corrected Promptly.

September 29

Why Do We Have Safety Meetings?

Topics discussed in safety meetings may be topics that you are familiar with, or topics that you have limited knowledge about. If a safety meeting topic is something that you are familiar with, it may be easy to tune out and not listen. Do yourself a big favor and listen to the information as if you have never heard it before. You may just learn something new, about the newest protective equipment, or a smarter way to do your job. Information passed on in a safety meeting has a purpose -- to stop you or your co-worker from being injured.

Safety meetings are a perfect opportunity for you to communicate any safety ideas or concerns that you may have. Participate in your safety meetings. If you don't participate, your ideas will not be heard. The idea that you have may very well save your co-worker's life or even your own.

Health Tip of the Day

A GREAT BACK STRETCH

Lie on your back with your knees bent and feet flat on the floor. Keeping your back flat on the floor, rotate your hips to the left, lowering your legs down to the floor until a gentle stretch is felt. Hold for 15 seconds. Return to the starting position. Repeat four more times to the left side then switch and repeat to your right side. Finish up by hugging your knees into your chest for at least 15 seconds.

Deficiencies Must Be Corrected Promptly.

September 30

How Do Accidents Affect You?

How can accidents directly affect you?

- Death - The ultimate unwanted result. Where does this leave your loved ones?
- Financial cost - Lost pay or reduction in pay. Who pays the bills? Are you the sole income producer in your household?
- Pain and Suffering - An obvious detriment that no one desires.
- Disability - A life changing experience. Now you're not able to do what you use to do. Maybe now you can't cast that fishing rod? Ride that bike, hug your wife, lift your child, or simply see? Or perhaps you're confined to a wheelchair. .

Perhaps you and your co-worker have been working together for some time now. Chances are you may spend as much time with your co-workers as you do your own family. Thus, you obviously do not want something bad to happen to them. Watch out for their safety too.

Health Tip of the Day

DON'T BE FOOLED!

Terms often associated with nutrition quackery include miraculous, breakthrough, exclusive, magic, secret, unique, effortless, overnight, instant, and limited-time offer. Be a smart consumer. Exercise judgment and ask questions before buying any nutrition product or program. One question to consider is if results are based on facts and sound science or only personal testimonials. Also, if it sounds too good to be true, it probably is!

Source: Academy of Nutrition and Dietetics

Deficiencies Must Be Corrected Promptly.