



YCPARMIA Safety Journal

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Be Well, Live Long!

Focus on wellness for a good, *healthful* life

Wellness means not being sick and preventing diseases like heart disease, high blood pressure, and cancer. It also means making good decisions. The choices you make each day will help you stay healthy. A focus on wellness helps you:

- ☺ Prevent illness and disease.
- ☺ Reduce medical bills.
- ☺ Feel more energetic.
- ☺ Look better.
- ☺ Live a longer, happier life.

Six Components of a Healthy Life

We all have different ideas about what makes for a good life. But if you want to live the good life in terms of health, here are the basics that apply to everyone:

1. **Proper nutrition.** A healthful diet contains foods from all of the food groups: fruits and vegetables, whole grains in bread and cereal, fat-free or low-fat milk products, and protein in lean meats, poultry, fish, beans, and eggs. A healthful diet is also low in saturated fat, trans fat, cholesterol, salt, and added sugar. Proper nutrition helps you reduce the risk of disease, maintain a healthful weight, be more energetic, and look and feel better.
2. **Regular activity.** For many people, getting enough exercise requires extra effort. Pick an activity you enjoy, and participate several times a week.
3. **Enough rest.** Develop a routine that helps you relax for a good night's sleep.
4. **Preventive health care.** See your doctor, your dentist, and eye doctor for regular checkups, not just when you're sick. And if you work in a noisy environment, get your hearing checked annually as well.
5. **Positive attitude.** Maintain an upbeat attitude about your work and personal life, because your attitude affects both your physical and emotional health.
6. **Sense of balance.** A well-balanced life also helps promote wellness, so try to balance work, family, and personal life. And give yourself a little time each day to relax and do something you enjoy.

WELLNESS "DON'TS"

Along with the things you should do to promote wellness in your life, there are a couple of things you should **not** do.

1. Smoke.
2. Abuse alcohol and drugs.

If you don't smoke or have already quit, you've made the smart and healthy choice. If you're still smoking, consider these facts:

- ✓ Smoking is the major cause of lung cancer. Smoking can also lead to heart disease, stroke, and emphysema.
- ✓ When you stop smoking you reduce your risk of illness and disease almost immediately. Within a few years after quitting, your risk of a heart attack and lung cancer is reduced by 50 percent.
- ✓ When you stop smoking you feel better, have more energy, breathe easier, and have all the money you're currently spending on smoking to spend on other, better things.
- ✓ Millions of Americans have quit smoking—you can, too!

Alcohol and drug abuse also lead to serious and often life-threatening diseases. In addition, substance abuse can cause emotional turmoil and wreck a person's life. Work, family, friends, money, home, and health can all go down the drain when a person becomes addicted to alcohol or drugs. If you want to stay healthy:

- ✓ **Drink in moderation**, if at all.
- ✓ **Follow doctor's orders** when taking prescription medications.
- ✓ **Be careful with over-the-counter drugs.**
- ✓ **Choose not to use** any illegal drugs.

Salt and Your Health

Sodium intake's affect on blood pressure

May has been designated **National High Blood Pressure Education Month** because so many Americans have this potentially serious problem also known as hypertension. The good news is that high blood pressure can usually be safely controlled with a combination of healthy diet and exercise, along with medication, if necessary.

Too much sodium, or salt, in your diet is a major contributing factor in hypertension. According to the American Heart Association healthy adults should consume no more than 2,400 milligrams (mg) of sodium a day—preferably less, and even less if you already have high blood pressure. Yet the average American adult consumes 3 to 4 teaspoons of salt each day, which is equal to 6,000 mg to 8,000 mg of sodium!

To prevent high blood pressure—or to manage it—always check labels on food packages and look for sodium content. You might be surprised to find that some prepared foods contain a lot more sodium than you think. For example:

- ✦ 1 cup of canned chicken noodle soup contains over 1,000 mg of sodium.
- ✦ 1 link of pork sausage has just over 1,000 mg as well.
- ✦ 1/4 of a 12-inch cheese pizza contains nearly 700 mg of sodium.
- ✦ 6 1/2 oz. of light tuna has over 500 mg.
- ✦ And bacon and hot dogs each have between 400 mg and 500 mg.

Sleep On It

How to get a good night's sleep

We all need plenty of sleep to keep well and be productive. Since May is **Better Sleep Month**, try these sleep tips from the National Institutes of Health:

- ⌚ **Keep a regular sleep and wake schedule.**
- ⌚ **Avoid caffeine and cigarettes for several hours before sleep**, and don't drink alcohol to help you sleep.
- ⌚ **Avoid going to bed on either a full or an empty stomach.**
- ⌚ **Sleep in a dark, quiet, well-ventilated space** with a comfortable temperature.
- ⌚ **Relax before going to bed.** Take a warm bath, listen to soothing music, meditate, or try relaxation or breathing exercises.
- ⌚ **Face your clock away from the bed** to avoid focusing on time if you awake before morning.
- ⌚ **Get out of bed and do a relaxing activity**, such as reading, if you can't fall asleep within 20 minutes of going to bed or if you wake early and can't get back to sleep.
- ⌚ **Exercise regularly**, but not within 2 hours of bedtime. Regular exercise can help improve sleep.
- ⌚ **Use over-the-counter or prescription sleep aids only for short periods of time.** Also remember that some sleep medications can make you drowsy after you wake; don't drive or use hazardous equipment.



PREVENT WORKPLACE VIOLENCE: REPORT THREATS AND CONCERNS

Unfortunately, workplace violence is a fact of 21st century life in America. Like violent incidents in schools, workplace violence often seems to come out of the blue. But, in fact, if you know where to look, there are usually warning signs that could prevent an attack.

Recognizing these warning signs can significantly reduce the risks, says Universal Protection Service, a California-based security firm. While no one is suggesting that you need to be paranoid about your co-workers, it is still wise to keep alert to threats or other disturbing behavior. What should you look for?

- ☞ **Intimidating behavior** aimed at instilling fear in co-workers
- ☞ **Veiled or direct threats** of harm
- ☞ **An obsession with weapons**
- ☞ **Holding grudges** or being unable to accept any kind of criticism
- ☞ **Expressions of extreme anger** or depression
- ☞ **Extreme stress** due to work or personal problems that the individual is not handling well

Report direct threats or comments that seem threatening—for example, if a co-worker tells you he's "going to get" his supervisor or a co-worker for some reason, real or imagined. If someone is exhibiting strange behavior and making you feel uncomfortable, report that, too. You can speak confidentially with your supervisor, and we'll look into the matter.

Your Body's Natural PPE

10 ways to protect your skin on the job

Follow these 10 simple rules to keep all 2,880 square inches of your skin safe:

1. **Understand all the possible skin hazards** you face in your job.
2. **Wear appropriate PPE** that will provide maximum protection and prevent skin exposure to hazards.
3. **Remember that it's not just the skin on your hands that needs protecting**, but also the skin on your arms, legs, feet, and face.
4. **Always inspect PPE carefully before each use**—whichever type of PPE you use—to make sure it is in good condition. Never wear damaged or worn out PPE; exchange it for a new item.
5. **Wash hands thoroughly** after any task that could expose your skin to chemicals.
6. **Bandage any cuts or broken skin** before putting on gloves or other PPE.
7. **Work carefully to avoid cuts, punctures, burns, and splashes** or other skin contact with chemicals.
8. **Keep work surfaces clean** if you work with hazardous chemicals.
9. **Remove gloves and other PPE carefully** to avoid skin contact with outer surfaces that might be contaminated with chemicals or other skin irritants.
10. **Report any job-related skin problems**, such as rashes, irritation, and dermatitis, promptly to your supervisor and get proper treatment.



Cut Out Cuts

Help your hands so they can help you

Your hands are exposed to injury perhaps more than any other part of your body simply because you use them so often. But you can prevent hand injuries if you're aware of the potential hazards and take the proper precautions.

Workplace and home hazards that can result in cuts or puncture wounds include:

- ✂ **Cutting tools**, such as hand or circular saws, knives, box cutters, scissors, and other bladed tools
- ✂ **Sheet metal**, both finished forms and scrap, which almost always have sharp edges and burrs that can tear the skin
- ✂ **Broken glass**, which is particularly dangerous because your first impulse is to pick it up with your bare hands rather than sweeping it up with a broom
- ✂ **Protruding nails and staples** when handling wooden crates, stapled cardboard cartons, empty pallets, and so on
- ✂ **Home appliances** such as food processors, blenders, and slicers

Avoid hand injuries at work or at home by wearing work gloves to protect your hands. Also be careful when working with sharp or pointed tools. Pay attention to what you're doing and avoid distractions. And store sharp or pointed tools safely with the blade sheathed or pointing away from you so you don't accidentally grab the sharp end when reaching in a drawer or storage cabinet.

PDA SAFETY TIPS

Using personal digital assistants (PDAs) over a long period of time can lead to repetitive motion injuries. The problems occur when you grip the PDA in the palm of your hand between the four fingers and the fatty pad below the thumb, and use your thumb to type on the tiny keypad.

This motion can aggravate arthritis and lead to tendonitis of the thumb, as well as other repetitive motion injuries. The American Physical Therapy Association offers the following tips for preventing injury:

- ⇒ Take frequent breaks from your PDA. Don't type for more than a few minutes.
- ⇒ Write fewer and shorter messages. Abbreviate your responses when possible.
- ⇒ Avoid using your thumb for typing. Use the fingers of the other hand instead.
- ⇒ Stretch your fingers periodically, holding the stretch for 10 seconds, then repeating 8 times.

Medical Emergencies

Do you know when to call 911 ?

You should call 911 for all life threatening medical emergencies. You should also call 911 for some other emergencies, such as fire, explosion, poison gas, downed electrical wires, flooding, motor vehicle collisions, or crimes in progress.

Use this checklist to test your knowledge of medical emergencies. Which of the following is a life-threatening medical condition? If your co-worker had one of these conditions, would you call 911? Mark your choice, then check the correct answers below.

	YES	NO		YES	NO
1. Minor bruise on the arm	<input type="checkbox"/>	<input type="checkbox"/>	11. Cramp in the thigh	<input type="checkbox"/>	<input type="checkbox"/>
2. Unconsciousness	<input type="checkbox"/>	<input type="checkbox"/>	12. Deep burn to the face and neck	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble breathing	<input type="checkbox"/>	<input type="checkbox"/>	13. Persistent pain in the abdomen	<input type="checkbox"/>	<input type="checkbox"/>
4. Abrasion on the elbow	<input type="checkbox"/>	<input type="checkbox"/>	14. Vomiting blood	<input type="checkbox"/>	<input type="checkbox"/>
5. Breathing in a strange way	<input type="checkbox"/>	<input type="checkbox"/>	15. Multiple seizures	<input type="checkbox"/>	<input type="checkbox"/>
6. Cut lip	<input type="checkbox"/>	<input type="checkbox"/>	16. Serious head injury	<input type="checkbox"/>	<input type="checkbox"/>
7. No signs of life	<input type="checkbox"/>	<input type="checkbox"/>	17. Apparent poisoning	<input type="checkbox"/>	<input type="checkbox"/>
8. Persistent chest pain	<input type="checkbox"/>	<input type="checkbox"/>	18. Splinter in the finger	<input type="checkbox"/>	<input type="checkbox"/>
9. Severe bleeding that does not stop	<input type="checkbox"/>	<input type="checkbox"/>	19. Broken arm with exposed bone	<input type="checkbox"/>	<input type="checkbox"/>
10. Mild sunburn on the shoulders	<input type="checkbox"/>	<input type="checkbox"/>	20. Bloody nose	<input type="checkbox"/>	<input type="checkbox"/>

The following conditions are medical emergencies. You should call 911 for:

2, 3, 5, 7, 8, 9, 12, 13, 14, 15, 16, 17, 19

The following conditions are not medical emergencies. Do not call 911 for:

1, 4, 6, 10, 11, 18, 20

In some cases you may choose to call 911 for injuries that are not immediately life threatening, if the person needs prompt medical care and cannot be easily moved. For example, someone with a broken leg would be difficult to transport without causing additional injuries. It would be reasonable to call 911 and let the EMTs take the injured person to the hospital in an ambulance. They are better prepared than we are to deal with such an injury.

Heart Attack

You should always call 911 for someone who appears to be having a heart attack. Do not attempt to transport them to the hospital yourself. If the victim's heart should stop along the way, you would be unable to provide effective CPR while enroute, and advanced medical care could be delayed.