

# YCPARMIA Safety Journal



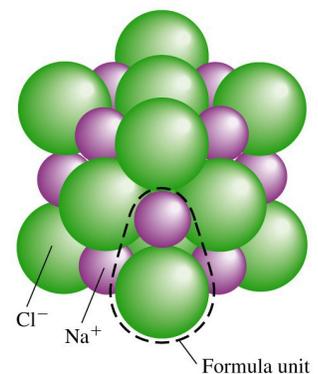
May 2015

## Salt & You

May has been designated **National High Blood Pressure Education Month** because so many Americans have a 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 less than 2,400 milligrams (mg) of sodium a day, and even less if you already have high blood pressure. Yet the average American adult consumes 6,000 mg to 8,000 mg of salt each day!

To prevent or manage high blood pressure 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.



## Sleep On It

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 if you are feeling drowsy.

## YCPARMIA

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committee for their  
consideration and/or  
action.

## Neat, Clean, and Safe

Spring is here, but now isn't the only time to think about tidying up. Workplace housekeeping is important all year long, and it isn't just about neatness. It's also about:

**Efficiency.** A well-organized workplace is a more productive one.

**Safety.** A well-maintained workplace is a safer one with fewer hazards and fewer accidents.

**Hygiene.** A clean and sanitary workplace is a healthier place in which you're less likely to pick up germs, come into contact with chemicals on work surfaces, or inhale irritating or harmful dust.

To find out how much you're contributing to all these important goals, rate yourself by circling **1 for "Never," 2 for "Sometimes," 3 for "Usually," or 4 for "Always"** for each statement below, and then check your score.

### Do you:

- |   |  |         |
|---|--|---------|
| → | Keep your work area clean and neat on a daily basis?   | 1 2 3 4 |
| → | Regularly inspect your work area for hazards?          | 1 2 3 4 |
| → | Pick up objects from the floor and clean up spills?    | 1 2 3 4 |
| → | Report hazards you can't remove or fix?                | 1 2 3 4 |
| → | Dispose of trash and scrap properly to prevent fires?  | 1 2 3 4 |
| → | Keep walkways and stairs clear of tripping hazards?    | 1 2 3 4 |
| → | Clean up after yourself when you finish a job?         | 1 2 3 4 |
| → | Store tools and materials in their assigned place?     | 1 2 3 4 |
| → | Make sure tools and materials are properly maintained? | 1 2 3 4 |
| → | Use cleaning products safely?                          | 1 2 3 4 |

**TOTAL SCORE** \_\_\_\_\_

### Check your score:

**If your total score was 40,** congratulations! You're taking responsibility for work-place housekeeping. Thanks for helping to make the workplace safer.

**If you scored less than 40 but more than 30,** you're contributing, but not as much as you could. Make housekeeping a higher priority.

**If you scored less than 30,** you're letting other people do your housekeeping chores for you or chores are not getting done. This is bad because it increases the risk that you or a co-worker could be injured by housekeeping-related hazards. Don't take chances with safety. Pitch in, do your share, and help keep the workplace safe.