

YCPARMIA's Mission Statement:

To protect the members' resources from the impact of loss through a program of insurance coverage, prevention, education, training, and service.



July 2015

Standing to Stay Healthy

To avoid serious health consequences from prolonged sitting, it is recommended that you stand at least two hours every day. The average office worker sits for 10 hours a day, then heads home to spend the evening sitting on the couch watching television or a computer screen. Research has found that hours of sitting triggers a destructive chain reaction in the body, slowing metabolism, altering hormones, raising cholesterol, and weakening muscles. Overtime, the result is heightened risk of diabetes, cardiovascular disease, weight gain, cancer, and a shortened life. In fact, scientists say that prolonged sitting can cause as much damage as smoking cigarettes. The negative effects of eight to ten hours sitting at your desk cannot be undone by exercising before or after.



More information at www.varidesk.com

Tips to avoid sitting for more than 30 minutes at a time:

- Take your calls standing
- Walk over to a colleague's desk instead of sending an email
- Hold standing meetings
- Use the stairs instead of the elevator

Be Good to Your Back

The best way to protect your back against the many hazards it faces on and off the job is to develop habits that reduce the strain on back muscles. For example:

- **Slow down.** Back injuries that result from slips, trips, and falls can often be prevented by walking instead of running from place to place. Wear shoes with nonskid soles and, of course, look where you're going.
- **Stretch first.** Your back muscles, and the stomach muscles that help them, benefit from stretching before heavy use, so stretch gently before lifting or other back activity. Gentle stretches at the beginning of the day, and periodically during the day, also help keep your back muscles flexible.
- **Rest your back.** When you sleep, your back gets a rest from carrying your body around. To give your back the best rest, sleep on a firm mattress. The best sleep positions for your back are on your side with your knees bent or on your back with your knees elevated.
- **Lift safely.** Break large loads down into smaller, more manageable parts. Whenever possible use material handling equipment, such as hoists, hand trucks, and dollies rather than your body to lift objects. Push hand trucks, don't pull them.

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Safety Suggestion Box

Report hazards anonymously! Go to our website at www.ycparmia.org, and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, anonymously and exactly as written, to the appropriate entity's safety committee for their consideration and/or action.

YCPARMIA.ORG
IS A GREAT
SAFETY
RESOURCE! FIND
POLICY
TEMPLATES,
PUBLICATIONS,
TRAININGS, AND
MORE...

HIGH TEMPERATURE + HIGH HUMIDITY + PHYSICAL WORK =

Heat Illness

Now that summer's here, OSHA reminds workers to remember the formula above and beware of heat illness. Serious heat illness occurs when the body is unable to cool itself through sweating. The most severe heat-induced illnesses are heat exhaustion and heatstroke. If left untreated, heat exhaustion could progress to heatstroke and possible death.

What Are the Symptoms?

- ✿ Headaches
- ✿ Dizziness or lightheadedness
- ✿ Weakness
- ✿ Mood changes such as irritability, confusion, or the inability to think straight
- ✿ Upset stomach or vomiting
- ✿ Decreased or dark-colored urine
- ✿ Fainting or passing out
- ✿ Pale, clammy skin

What Should You Do?

- ✿ Act immediately.
- ✿ Move the victim to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness or light-headedness, lay the victim on his or her back and raise the legs 6 to 8 inches. If symptoms include nausea or upset stomach, lay the victim on his or her side.
- ✿ Loosen and remove any heavy clothing.
- ✿ Have the person drink cool water (a cup every 15 minutes) unless nauseated.
- ✿ Cool the person's body by fanning and spraying with a cool mist of water or applying a wet cloth to the person's skin.
- ✿ Call 911 if the person does not feel better in a few minutes.

Stay alert- Give your work your full attention. Avoid becoming complacent or taking shortcuts, no matter how many times you've done a job or how many years of experience you have. Be prepared for the unexpected.

Ask questions- Check with your supervisor when you are unsure about a substance, procedure, or piece of equipment. If you're unsure if something is a hazard, ask. If something feels wrong, ask. Never let a safety question go unanswered!

Focus on safety problems- Take time to look for and identify hazards. Inspect your work area, tools, equipment, and materials before you start to work each day. Anticipate potential problems before you begin a job, and be prepared to deal with problems that arise.

Eliminate hazards- Take responsibility for your safety. Follow safety rules. Use assigned PPE. Keep your work area neat and safe. Remove or repair safety hazards you're trained to handle, and report other hazards to your supervisor right away.