



## 7 Heart-Smart Moves

February is **American Heart Month**. Here are some tips to keep your heart healthy and safe.

**1** Don't smoke — or quit smoking if you do.

**2** Prevent or control high blood pressure and high cholesterol.



**3** Maintain a healthy weight.



**4** Exercise often. Incorporate 30 minutes of aerobic exercise into your daily routine.



**5** Limit alcohol use and eat healthy — choose foods low in saturated and trans fats and more fruits and vegetables.

**6** Get regular checkups.

**7** Heed heart safety warnings on over-the-counter and prescription medicines — especially on nonsteroidal anti-inflammatory drugs (NSAIDs).



## SHIFTWORK ZONE

### 9 Ways to Stay Injury-Free

Regardless of which shift you work, safe practices can reduce your risk for musculoskeletal disorder (MSD), which is characterized by conditions such as back pain and muscle damage, and repetitive motion injuries such as carpal tunnel syndrome and rotator cuff syndrome.

You can prevent MSD with these tips:

- 1. Pay attention to your posture.** Make sure your shoulders, hips and head are aligned whether you are standing, sitting, walking or driving.
- 2. Avoid twisting and reaching for objects.** Move your entire body to get close to whatever you are trying to grab, lift or move.
- 3. Maintain a healthy weight** and healthful diet.
- 4. Lift correctly:** Get close to the object, bend at the knees, lift with your legs, and hold the object close to your body.
- 5. Slide instead of lifting,** and push instead of pulling.
- 6. Exercise regularly,** including strength training, stretching, and weight-bearing exercise such as walking or jogging.
- 7. Use a hand truck,** dolly or forklift to move heavy loads. Never lift or push anything that exceeds 1/3 to 1/2 of your body weight; get help to move it.
- 8. Change positions** and move around often.
- 9. Smoking is linked to MSD.** Quitting smoking can make a huge difference in injury and pain levels.



## Don't Leave Your Safety UP in the Air

Aerial lifts include any vehicle-mounted device used to elevate you and your coworkers. These include aerial ladders, cherry pickers, boom lifts, articulating or joint platforms and vertical towers. Hazards of these lifts include falls, electrocution, tip-overs, objects falling from the lift and impact with ceilings or overhead objects, to name a few. Prevent injuries from these hazards by following these guidelines:

- Conduct a prestart inspection** of the lift, its controls and related equipment before operating or using it.
- Make sure the person operating** the lift is trained and authorized to do so.
- Check for electrical hazards** before use, and never use an aerial lift near electrical power lines unless required minimum clearance is maintained or the lines have been de-energized.
- Don't override** hydraulic, mechanical or electrical safety devices.
- Stand with both feet** on the bucket floor, and don't sit or climb on the bucket rails.
- Use a body harness** or a restraining belt with a lanyard attached to the boom or bucket.
- Don't position yourself** between bucket rails or overhead hazards, such as joists and beams.
- Never exceed** the load limits of the lift.
- Never use boxes** or other items inside the bucket to extend your reach.
- Don't operate** the lift in high winds.

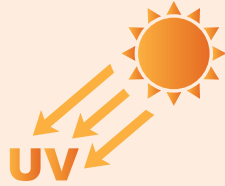
For more information on aerial lift standards, visit [osha.gov](http://osha.gov).

# SAFETY CORNER



## Stay Sun Safe

It's **Cancer Prevention Month** and even though it's winter, you still need to remember the basics of staying sun safe.



- ✓ **ALWAYS** wear broad-spectrum sunscreen with an **SPF of 30** and reapply often when you're outdoors.
- ✓ **SNOW** sport enthusiasts: Higher altitudes and UV rays reflected by the snow can increase your chances of sun damage. According to the Skin Cancer Foundation, UV radiation increases 4% to 5% with every 1,000 feet above sea level. In addition, snow can reflect up to 80% of UV light from the sun.
- ✓ **REMEMBER** to wear a hat to protect your head from the sun.
- ✓ **DON'T** forget goggles or sunglasses to prevent eye damage from the sun's intense rays.

## Winter Walking

**Ice is a part of winter in many regions.** You can still enjoy a walk outdoors, but watch for ice that can be hidden under a dusting of snow.

**Wear boots** with a thick, nonslip tread and rubber sole.

**Give yourself more time** to get to your destination.

**Walk like a penguin** over ice (if you have no choice but to walk over it) by taking short, shuffling steps to increase traction, and move slowly.

**Keep your center of gravity** over your front leg while walking on ice.

**Use stationary objects** such as a vehicle or a wall for support as you walk over ice, or put your hands out to the sides for balance.

**Keep your hands** out of your pockets and avoid using mobile devices while walking in winter weather.

**If you find yourself falling**, remember to tuck and roll. Tuck yourself into a ball and protect your head and face. Don't put your hands out to break the fall — you may end up breaking something else.



## Take the Heat Off



**February 5 to 11 is National Burn Awareness Week.** According to the latest statistics (gathered in a 2011 survey) from the American Burn Association, there were nearly half a million burn injuries requiring medical treatment in the U.S. Reduce those numbers by following this advice:

### AT HOME:

- Turn water temperature down to 120°F to avoid scalds.
- Never carry a child and hot liquids at the same time.
- Turn pot handles toward the back of the stove and away from little hands.
- Make a fire escape plan, and review it with your family regularly.
- Install smoke alarms on every level of your home, and change smoke alarm batteries every 6 months.



### AT WORK:

- Wear protective gear when working with chemicals, electricity or hot items.
- Never store or place flammable liquids near ignition sources.
- Read all Safety Data Sheets before using chemicals.
- Never reach over or through open flames, steam or hot surfaces.
- Avoid carrying oil containers while oil is still hot.



## Sneeze Properly, Please

**It's cold and flu season.** Remember to cover your cough or sneeze. Believe it or not, there is a proper way to cover up if you don't have a tissue or handkerchief handy. Instead of sneezing or coughing into your hands, health care professionals suggest sneezing or coughing into the crook of your arm (at your elbow). This helps prevent your germs from spreading through handshakes, push buttons, door handles or knobs. **QUICK TIPS:** Stay home if you are sick. Wash your hands often.



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