

THE

# CONNECTION

February 2003

## **LONGEVITY**

One of the secrets to longevity is to remain active and involved in life, alcohol and sweets in moderation and to get 7-8 hours of sleep a day.

Seems pretty simple, doesn't it.

Genetics account for only about one third of our physical and half of our mental fitness later in life.

In general, experts agree that to stay healthy longer:

**Exercise daily** for 30 minutes.

**Don't smoke** or use other tobacco products.

**Limit alcohol** to 1 drink a day for men, less for women.

**Eat a balanced diet.**

**Maintain a healthy weight.**

**Make your health a priority** (don't take it for granted).

**Be sensible about safety** (don't ignore simple acts such as buckling up).

**Challenge your mind daily.**

**Invest time in your relationship.**

**Maintain a spiritual connection.**

**Stay confident in yourself and your abilities.**

**Plan financially for long-term care.**

# Electrical Safety Basics

Some of the things you can do to prevent electrical shocks are the following:

Be sure your equipment is safe and installed properly.

Prevent unsafe work environments.

Use equipment in a safe manner.

Accidents can be avoided by using safe techniques on the jobsite.

**Insulation:** Glass, rubber and plastic coating materials help stop or reduce the flow of current. This insulation helps prevent shock, fires and short circuits. Always check to make sure exposed wires are insulated.

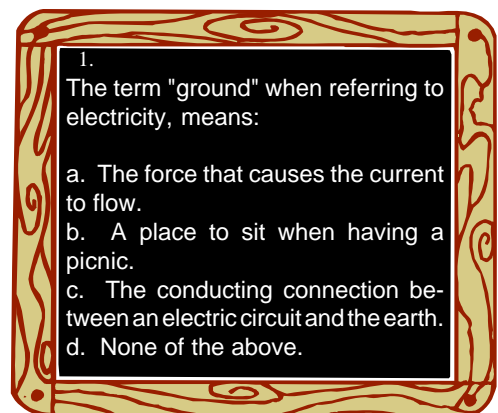
**Guarding:** Since electrical equipment can be dangerous, make sure the exposed electrical parts are somehow enclosed.

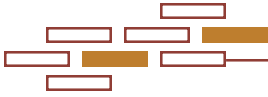
**Grounding:** This is simply intentionally creating a low-resistance path that connects to the earth. Grounding prevents the buildup of voltages that might cause an electrical accident. It does not guarantee against a shock, but it can substantially reduce the risk.

**Circuit Protection Devices:** These devices limit or stop the flow of current automatically in the event of a problem. Fuses and circuit breakers open or break the circuit automatically when too much current flow through them.

**Work Practices:** De-energize electrical equipment before inspection or repair. Properly maintain electric tools and devices. Use appropriate personal protective equipment when needed.

**January 30,  
1894,  
the  
Jackhammer  
was  
invented.**





## Electricity Is So Hot It Can Cause Freezing

When someone receives an electrical shock, they sometimes "freeze" because the shock causes their muscles to contract. This freezing effect makes the person unable to pull free of the circuit.

The biggest problem with this is that the freezing and resulting inability to move increase the length of exposure time to electricity. The longer the exposure, the greater risk of serious injury.

If someone freezes during an electrical shock, disconnect the current immediately. If you cannot do this, use boards, poles or sticks made of wood to push the person away from the point of contact.

"All that harms Labor is treason to America. No line can be drawn between these two. If any man tells you he loves America, yet he hates labor, he is a liar. If any man tells you he trusts America, yet fears Labor, he is a fool. There is no America without Labor."

Abraham Lincoln

3.  
It is a good idea to avoid storing electrical equipment near water

a. True  
b. False

## Extension Cord Inspections

Extension cord inspections are a good way to prevent electrocutions in the workplace and home. The following things to look for when using an extension cord will help to keep you and your loved ones safe.

1. Is the UL label or marking on the cord missing?
2. Is the cord cut?
3. Is the cord frayed or damaged in any other way?
4. Does the plug show any signs of damage or wear?

If you note any of these items on an extension cord you had planned to use, then the cord should not be used.

4.  
Choose the best non-conductive item:

a. A golf club.  
b. A wooden baseball bat.  
c. An umbrella  
d. A rake.

## Soup Up Your Day

There's nothing like a hot bowl of soup after a long day out in the cold. Whether it is out of a can or 'just like mom made', there are a couple things you will want to look out for especially if you are someone with high blood pressure.

Soup can contain a surprisingly large amount of sodium (containing from 600 milligrams up to 2,000 milligrams) and for the creamy variety a substantial amount of fat (up to 18 grams).

If you happen to have a ham and cheese sandwich and a cup of tomato soup, these can add up to more than 2100 milligrams of sodium. A better choice might be a turkey sandwich and a cup of tomato soup at only 1024 milligrams of sodium.

The best thing to do is to be sure to read the manufacturers label to help make your decision.

2.  
Never put out an electrical fire by:

a. Using a fire extinguisher appropriate for electrical fires.  
b. Pouring water on the blaze.  
c. Throwing sand on it.  
d. Both b and c.

5.  
An electric shock must be extremely strong to be deadly:

a. True  
b. False

We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, Mi 49083. Also visit our website at: [www.CLS-Skilledlabor.com](http://www.CLS-Skilledlabor.com)