

THE

# CONNECTION

JANUARY 04



## Shoveling Snow ... Safely

If you're out of shape and/or have other risk factors for heart disease, shoveling snow could be risky.

Snow shoveling is a strenuous activity, so it can greatly increase blood pressure and heart rate. Cold air can also cause the heart's arteries to constrict - which can trigger a heart attack in someone who has heart disease ( whether they know they have it or not).

### If you shovel snow:

**Avoid large meals, alcohol, and tobacco before and after shoveling.**

**Take it easy, especially if you have any heart disease risk factors (e.g., high blood pressure, smoking, overweight, lack of exercise, etc.).**

**Wear a breathing mask or scarf to avoid inhaling cold air.**

**Start slowly. Sudden, strenuous activity can put too much strain on the heart.**

**Lift only small amounts of snow at a time.**

**Pace yourself. Take frequent breaks.**

**Use a snow blower if possible.**

## What's The Cause?

Every year, accidents on the job claim hundreds of lives and cause thousands of serious injuries. Most accidents are the result of:

**Apathy** Those with a "who cares?" attitude toward their safety run the greatest risk of injury on their jobs

**Carelessness** "I've never been hurt before on my job, so why should I start thinking about my safety now?" is another attitude that can injure or kill and too often does.

**Ignorance** If it has to do with job safety, what you don't know can hurt you. Familiarity with safety rules and regulations is one of the best forms of protection from accidents.

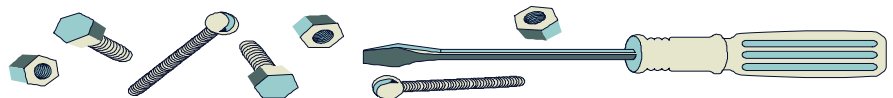
**Defiance** Purposely ignoring the rules, and refusing to work safely, is like asking for an accident.

**Emotion** Excessive anger can injure. No one can work safely or concentrate effectively when overly upset.

**Negligence** Failure to keep equipment in good repair or to practice good housekeeping is a mistake. Poor upkeep means more accidents.

**Tiredness** Being overtired slows reactions and lowers the power of concentration. Well-rested workers are less likely to suffer serious accidents.

Individual responsibility is the key to safety, and the sooner we accept the fact, the safer we'll all be. Only people can prevent accidents.



## A Single Second

It takes a minute to write a safety rule.....

It takes an hour to hold a safety meeting.....

It takes a week to plan a safety program.....

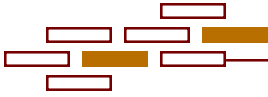
It takes a month to put it into operation.....

It takes a year to win a safety award.....

It takes a lifetime to make a safe worker.....

But it takes only a second to destroy it all.....

**So work safely at all times!!!!**



Motor Vehicle accidents are the leading cause of death on-site for women construction workers, according to a study of deaths and injuries on the job for women in construction work. The Journal of the American Medical Women's Association reported that nearly half of all female construction workers killed on the job - 43 percent - died as a result of motor vehicle accidents. The second highest cause of death for women was machinery at 16 percent and homicide at 11 percent. When surveyed, women in construction said that one of their biggest safety problems is that protective clothing and equipment, tools and materials are designed for men and do not fit them properly.

Cisco Communicator Sept. 2000

## GET BACK ON TRACK

**Did you know that the most common disabling work injuries involve the back? You can head off back injuries with these five safe lifting techniques:**

**Stand close to your load with feet apart.**

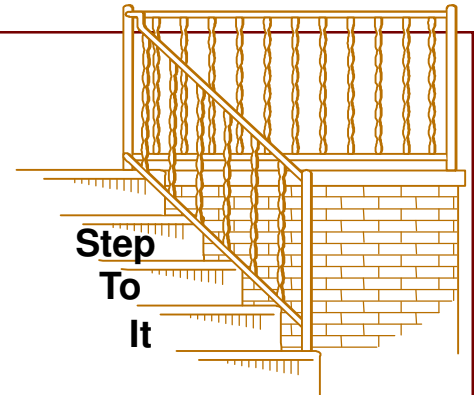
**Squat down, bending at the hips and knees.**

**Lift with a sure grip, arching your lower back inward by pulling your shoulders back and sticking your chest out.**

**Keep the load close to your body, which reduces the pressure placed on your back.**

**Set the load down by squatting and bending at the hips and knees, keeping your lower back arched.**

1996 Bureau of Business Practice



Technology has made life easier for us in many ways, but at the same time it may be making us lazy. For example, although elevators and escalators are convenient, they keep us from exercising. In fact, medical experts recommend stair climbing as an ideal form of exercise. It is demanding work that requires aerobic activity and muscle coordination. So do yourself a favor, and take the stairs.



### TOP TO BOTTOM SAFETY

You're always vulnerable to an accident if you don't know the basic principles of safe stacking and storage. So whether you're working near stored materials, getting something from storage, or even just passing by stacked materials, you could get hurt if you're not careful.

To make sure you know the basics of safe stacking, review these key points:



Size up the load, and picture in your mind the best way to stack it. Ask yourself how much space your load will take up, and determine whether the area you intend to use is clean and clear.



Make sure the bottom layer is strong enough to support what goes on top of it.

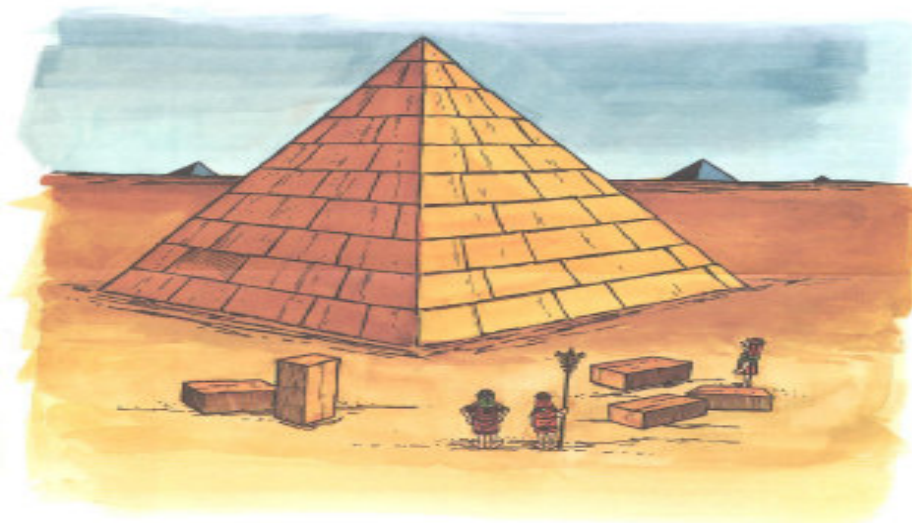


Try to stack evenly. Develop a nice tight cube. Items that stick out create hazards for passersby and also weakens the structure of the load.



Use a portable rack or pallet when you're dealing with a large, heavy load. This will give you a stable foundation to build upon.

IF YOU STACK MATERIALS PROPERLY



THEY'LL NEVER FALL DOWN