

THE

CONNECTION

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Walking

A path to good health

Walking may very well be the perfect exercise. It's easy, it's versatile, it's safe and it doesn't require a lot of time, money or equipment.

Adopting a regular walking program (at least 30 minutes most days of the week) will improve your overall health, help you live longer and just plain make you feel good. Consider these potential benefits.

Walking:

Reduces the risk of heart disease. A regular walking program, in fact, may reduce the risk of having a heart attack by up to 50 percent.

Reduces the risk of stroke.

Burns calories, helping you lose weight or maintain your healthy weight.

Helps maintain bone strength, preventing or slowing osteoporosis.

Reduces your risk of type 2 diabetes.

Strengthens and tones your muscles.

Reduces stress and anxiety, and helps fight depression.

Decreases the risk of some cancers, including colon and breast cancers.

Boosts HDL (good) cholesterol levels.

Improves your balance and coordination, reducing the risk of falls.

Reduces your risk of high blood pressure.

Gives you more energy throughout the day.

Helps control your appetite.

Reduces arthritis pain by strengthening the muscles around the joints.

Helps you sleep better at night.

Working Safely with Power Tools

Portable power tools are often used at work and at home. They save a lot of time and make the work go faster. But they can be dangerous if improperly handled.

Accidents involving portable power tools happen all the time. You've all heard of cases where a chip flew off a drill and hit someone in the eye. Or of someone getting a shock because a tool had faulty ground. Then there's the person who lost a finger because a guard on the circular saw did not return.

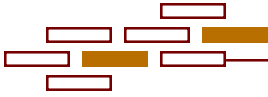
Portable power tools are divided into four groups according to the type of power source, and each introduce unique types of risks:

1. Electrical tools present electric shock hazards.
2. Pneumatic tools present noise and flying chip hazards.
3. Gasoline-powered tools present fuel hazards.
4. Hydraulic tools present leak and pressure hazards.

To prevent accidents associated with the use of power tools, you need to observe these precautions:

- a. Know your tools. Read the owner/operator's manual carefully.
- b. Keep guards in place and in good working order.
- c. Use the right tool for the job. Never use makeshift or undersized tools.
- d. Never leave a tool in an overhead place where it might fall.
- e. Wear proper personal protective equipment (PPE) - goggles, earplugs, respirators, safety shoes, etc.
- f. Use a clamp or vise - not your hands - to secure your work.
- g. Never point a tool at anyone.
- h. Never toss a tool. Always hand it to a co-worker.
- i. Suspend cords and hoses over aisles where they won't pose tripping hazards. Never hang them over nails, bolts, or sharp edges. And keep them away from oil, water, chemicals, and hot surfaces.
- j. Avoid accidental starting - don't change a drill bit or saw blade unless the tool has been unplugged.





Insect Stings: Are you allergic?

Allergic reaction to insect stings are a real safety concern if you work outdoors. People who are allergic to bee or wasp stings need to be stung only once to put their lives in jeopardy.

If you have had a serious reaction to an insect sting, you should be evaluated by an allergist. An allergist will perform tests to determine whether you have an allergy, and what types of insects cause a reaction.

If you are severely allergic, you should not work outdoors alone. Auto-injectable epinephrine (adrenalin) can offer short term treatment for severe reactions, but an injured worker should still be taken to the emergency room for evaluation and treatment.

If you or a co-worker are stung on the job, take the following steps to treat reactions:

Elevate the worker's affected area and apply ice or a cold compress to reduce swelling and pain.

Gently clean blisters with soap and water to prevent secondary infections.

Administer topical steroid ointments or oral antihistamines to relieve itching.

If swelling progresses or if the sting site seems infected, you should see a doctor. If you notice hives, swelling, difficulty breathing, mottled blueness of the skin, coughing, headache, or restlessness, call for help immediately. The sooner you or your co-worker receives professional attention, the better the prognosis will be for countering the allergic reaction.



LADDER SAFETY

You risk falling if portable ladders are not safely positioned each time they are used. While you are on a ladder, it may move and slip from its supports. You can also lose your balance while getting on or off an unsteady ladder. Falls from ladders can cause injuries ranging from sprains to death.

Positioning portable ladders so the side rails extend at least 3 feet above the landing to make getting on and off the ladder easier. Secure the side rails at the top to a rigid support. Always hold on to a ladder with one hand while climbing up or down.

You should use only OSHA compliant ladders. The weight on the ladder should not cause the ladder to slip. Don't apply more weight than the ladder is designed to support.

Inspect the ladder before each use. Be sure to check for cracks or broken parts. These would include the rungs, steps, side rails, feet, and locking components.

Never use a ladder for any purpose other than the one for which it was designed.

Sunscreen Savvy



Choose a sunscreen with a sun protection factor (SPF) of 15 or higher for protection year-round.

Opt for a broad spectrum sunscreen. This type provides protection against both ultraviolet A (UVA) and ultraviolet B (UVB) radiation. While UVB radiation is responsible for sunburns, both types of radiation are thought to contribute to cancer.

Select the type of sunscreen you prefer - lotion, cream or gel. You might want to use a cream on your face because a gel can sting around the eyes. If you have acne, consider using a light-textured sunscreen and avoiding waterproof sunscreen.

Apply sunscreen 30 minutes before going outside. Use it whether it's sunny or cloudy. Some experts encourage another application 10 minutes before going outside. The second application can cover any areas that were missed the first time.

Use liberal and frequent applications. A liberal application is 1 ounce to cover all exposed parts of the body. If you have a 4-ounce bottle, you'll be using about one-fourth of it for 1 application. Frequent means about every 90 minutes, even for water-resistant sunscreens.

In addition to using sunscreen, you can protect your skin by wearing a broad-brimmed hat and sun-protection clothing.

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