

THE

CONNECTION

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SUNGLASSES CAN HELP SAVE YOUR EYES



Long-term exposure to sunlight is a significant risk factor for cataracts and macular degeneration - two common causes of poor vision and blindness.

A good pair of sunglasses will go a long way toward reducing your risk for eye problems later in life.

Tips:

Buy sunglasses that block 99% to 100% of both UVA and UVB radiation.

Choose lenses that screen out 75% to 90% of light. If you can see your eyes easily through the lenses, they probably aren't dark enough.

Choose lenses that are gray, green, or brown.

Choose wraparound or close-fitting glasses so that light doesn't "leak" in at the top or sides.

Wear sunglasses on bright cloudy days as well as sunny days. Clouds do not block UV radiation.

To check for optical imperfections in the lenses: Hold the glasses at arm's length and look through them at a straight line in the distance, such as the edge of a door.

Slowly move the lens across the line. If the straight edge distorts, curves, or moves, the lens could reduce the quality of your vision.

Source: American Optometric Associa-

MEDICATIONS AND WORK SAFETY

Some people suffer from allergies year round. Be aware of how over-the-counter and prescription drugs affect work performance.

Allergy symptoms such as watery eyes, stuffy nose, sneezing, and fatigue impact worker performance and productivity. However, the side effects of over-the-counter sedating antihistamines can have a much more serious impact on the work environment. People using non-prescription sedating antihistamines are 50 percent more likely to have a work-related accident. This places them and others at increased risk of harm. Sedating antihistamines can cause drowsiness.

If you receive a prescription for allergy symptoms, a cold, or flu, be sure to ask your doctor about the medication's side effects and how they may impact your job performance. Side effects may include confusion, dizziness, lack of concentration, upset stomach or bowels, disturbance of vision, or even itching.

Read the label. Sedating medications carry warnings such as "may cause drowsiness" or "avoid driving a motor vehicle or operating equipment".

Make sure that you are well informed about any medication that you are taking. Read all labels and enclosed literature or ask your doctor to explain what to expect when taking a particular medicine.

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Handling Heavy Loads

Check to see that the object is free of nails, splinters or sharp edges.

Make sure your path and destination are clear of obstacles.

Tip the load on its side to assess if you can carry it by yourself.

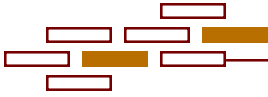
Keep your back straight. Lift, using your legs.

Carry the load close to your body at about waist level. If possible, place your forearms under the object.

Don't twist at the waist. Turn by pivoting your feet.

Set the object down on a surface between shoulder and knee height. Avoid lifting heavy objects over your head.

If possible, break down the load, carrying only part of the contents at a time.

**MEDICATIONS AND WORK SAFETY**

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Most over the counter medications for colds or allergies contain a combination of ingredients intended to treat multiple symptoms. Often, a person may need only one ingredient instead of a combination of ingredients. By taking a medication specific to a symptom, individuals can avoid side effects from medications that they do not need.

Decongestants and caffeine are both strong stimulants in some individuals. Mixed together, they can make you hyperactive. Note also that some cough syrups contain a decongestant.

Before you take a medicine, check the expiration date.

Don't take someone else's prescribed medicines.

Don't give your prescription medicine to others.

Some of the side effects of over the counter medications and their possible side effects are:

Aspirin

Nausea, ringing in ears, hyperventilation

Antihistamines

Drowsiness, dizziness, blurred vision, nausea

Decongestants

Dizziness, drowsiness, blurred vision, nausea



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KEEP YOUR COOL IN THE SUMMER HEAT

Temperature is just one of the heat stress factors in the environment that can cause your body to overheat. Actually, the biggest factor is probably humidity. Another factor is radiation effects from the environment, as in streets, buildings, and water.

In addition to environment factors, some people are at higher risk for heat-induced illness. Risk factors include age, general health status, amount of fluid intake, use of caffeine and alcohol, and general tolerance to heat. Also, some medications can increase your sensitivity to the sun.

Three Types of Heat Induced Illness

Illness caused from overheating is divided into three categories; heat cramps, heat exhaustion, and heat stroke.

The symptoms of heat cramps include muscle cramps, usually in the abdomen and legs, heavy perspiration, lightheadedness, weakness, and exhaustion.

With heat exhaustion, the symptoms are nausea, dizziness, weakness, and a headache. The skin is usually pale and moist. In addition, the pulse may be weak, the pupils may be dilated, and disorientation or faintness may occur.

Heat stroke is a life-threatening emergency. Along with headache, nausea, and dizziness, the skin becomes red, dry and very hot. The pulse becomes strong and rapid, pupils are small, and there may be a high fever. A person experiencing heat stroke will be extremely disoriented and may lapse into unconsciousness and have convulsions.

Quick Action is Essential

When you identify the signs of heat cramps, heat exhaustion, or heat stroke, it's essential to act quickly. Immediately move the victim to a cooler location, loosen or remove clothing, and cool the victim with water, fanning, or cold compresses. If able to drink, give the victim electrolyte beverages (e.g. Gatorade) or one half cup of slightly salted water ($\frac{1}{2}$ teaspoon salt per quart of water) every 15 minutes. Watch the victim closely, and if he/she does not respond, or shows signs of heat stroke, get immediate emergency medical care.

To avoid overheating when spending time outside:

Be aware of the heat index as measured by your local weather services.

Drink water and other beverages that don't contain caffeine or alcohol.

If you're taking medication, ask your pharmacist if one of the side effects is increased sensitivity to the sun.

Warm summer months bring lots of good times, but remember to limit your activity when the heat index is high. Have a great summer and stay healthy.