

THE

# CONNECTION

JANUARY 2006

## RAILS SLIP RESISTANT TRENDS

To avoid falls down stairs, provide handrails and slip-resistant treads for all stairs. Another important safety tip is to never, ever store anything on stair treads. It just gives workers something to trip over.

### Other helpful hints are:

1. Use mechanical material handling equipment to access higher levels.
2. Provide railings for areas with abrupt changes in floor height.
3. Avoid storing heavy or awkward items beyond the reach of most employees.
4. Install netting when other forms of fall protection will not work.



### STORMY WEATHER

Be prepared for winter weather problems wherever you drive. When you head out, take a cell phone and wear winter gear such as gloves, a hat and sturdy shoes. And pack a well-stocked winter drive kit:

- + first aid kit
- + flashlight and battery-operated radio
- + extra batteries
- + extra clothes, blankets or sleeping bags for warmth
- + water for at least 72 hours
- + nonperishable food
- + road flares

## Men's Midlife Health

No time is more important to a man's health than midlife. At age 40-65 the results of earlier negative lifestyle choices begin to show - perhaps as diabetes, excess weight, elevated blood pressure or cholesterol.

Yet many men in midlife do not pursue the health care they need. A recent large poll reveals these facts about men:

- ~ More than half do not get regular screenings or preventive care.
- ~ A third do not have a regular provider to contact for medical advice.
- ~ 25% wait as long as possible before seeking medical advice for a health problem.
- ~ 25% still smoke and 50% do not exercise regularly.

Neglecting health and health care may be one reason men have an average life span that is 7 years shorter than women. Men also have a higher mortality rate for all of the 15 leading causes of death.

Many serious health problems begin to surface in men in midlife. But just like maintenance on your car, regular care of your body can extend its years of service.

If you're a guy, any age is a good time to think about your health.....

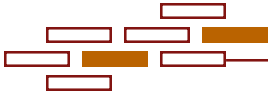
Stay in the driver's seat. Search out a provider with whom you can easily talk. Be open and honest about your health concerns. Ask as many questions as you need to fully understand a diagnosis or treatment plan.

Body Bulletin Oct. 2002

- + matches in waterproof container
- + tire cables or chains
- + cat litter for spot traction in ice or snow
- + shovel to remove snow from around tires

If you are stranded in a vehicle during a snowstorm, the National Weather Safety Council recommends this procedure;

1. First clear the tailpipe of snow to avoid carbon monoxide poisoning from exhaust fumes.
2. To attract help, tie a bright colored cloth to the antenna.
3. When you're finished, return to your car. Stay inside, unless you are only a few yards from safety.
4. Keep bundled up to retain body heat.
5. Crack the vehicle windows and run the engine and heater for 10-15 minutes every hour.
6. Move your limbs frequently to help blood circulation.



### Four Other Reasons Why Hard Hats Are Important

When you think of hard hats, you naturally think of construction workers. You might assume they wear this kind of protective equipment because of the danger of falling objects.

While protection from falling objects is a major reason to require employees to wear hard hats, it is far from the only reason. Hard hats are crucial for protecting workers from all kinds of hazards, including:

- \* Penetration injuries from falling objects.
- \* Banging their heads into a fixed object.
- \* Contact with electrical parts.
- \* Preventing long hair from getting caught in machine parts.

### EXERCISE AND REPETITIVE STRESS INJURIES

Repetitive stress injuries occur among many occupations. People who perform the same motions repeatedly and daily with their hands and arms are subject to strain and injury. Prevention through fitness is considered an effective, medically proven treatment for RSIs.

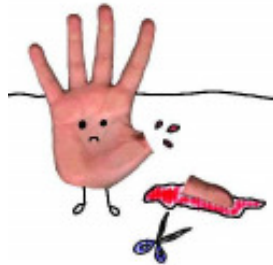
Studies show that improving upper body fitness through weight lifting, stretching and yoga can reverse RSI symptoms and prevent further pain and discomfort.

If your daily activities involve repetitive motions, add strength training to your workout 2-3 times a week. Focus on exercises for your arms, neck, back and shoulders.

Consult your doctor first, especially if you have a condition which might prohibit exercise.

Body Bulletin October 2002 vol. iii No. 10

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)



### PROTECTING YOUR HANDS IS IMPORTANT

Your hands are your most valuable tools and you rely on them constantly - at work and at home. That's why it's so important to learn how to protect them from accidental injury. Follow these hand safety rules at all times:

Be aware of hand hazards. Pay attention to where you place your hands. Hazards are all around you - between doors, under boxes, and in machinery.

Choose the right tool. Using the bottom of a screwdriver as a hammer, for instance, can result in a serious injury.

Watch your hands near machinery. Never bypass or modify machine or tool guards, follow lockout/tagout procedures to prevent unexpected start-ups.

Wear the right gloves for the job. Also inspect gloves for holes and other signs of wear before each use.

Practice good hygiene and follow first-aid procedures. Wash your hands after exposure to any chemicals, and before you eat, smoke or apply lotion. Always treat all hand injuries promptly - a minor injury can turn into a major one without proper treatment.

Safety Postings November 2005

