

THE

CONNECTION

FEBRUARY 2006

Cold Busters Which Common Remedies REALLY WORK?

Our noses are vulnerable to infection from about 200 different cold viruses. These infections cause runny nose, sneezing, sore throats and coughing - in the average person about 2-3 times a year.

In contrast, flu infections are much less common. They typically cause more severe symptoms, including fever and body aches.

When you're up against the common cold, what is your best remedy?

Consider these popular myths:

MYTH: Feed a Cold, Starve a Fever

FACT: Your cold or fever generally won't be affected by diet. But when you're sick, nutritious food can help maintain the strength needed to fight infection.

MYTH: High Dose of Vitamin C Works

FACT: Despite its popularity, vitamin C has not been proven to prevent or cure colds. More effective remedies include getting extra rest and fluids, and not smoking.

MYTH: Chicken Soup Won't Help.

FACT: Studies show hot soup helps relieve cold symptoms in several ways. It reduces congestion by increasing mucus flow. Substances in the soup also ease airway irritation and inflammation.

MYTH: Milk Increases Congestion.

FACT: Research shows that people who drink lots of milk have no more nasal mucus than those who drink none.

MYTH: Antibiotics Cure Colds.

FACT: If you have a cold, a virus is to blame, and there is no known cure. Antibiotics can't kill viruses - they're only effective against bacterial infections.

MYTH: Kids Need Cold Medicine.

FACT: A recent study concluded that over the counter cough and cold medications are not effective in children and are associated with potential side effects. (Pediatrics 9/01) In adults the subject is under study

Body Bulletin Nov. 2002

Slips, Trips, and Falls

Slips, trips, and falls can occur in any workplace and constitute the majority of general industry accidents. They cause 15% of all accidental deaths, and are second only to motor vehicles as a cause of fatalities.

You may be exposed to slips, trips, and falls if you are mopping floors or working in wet environments. Leaving debris in an aisle is also dangerous.

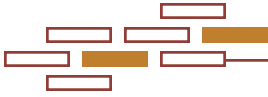
One of the most frequently overlooked ways to avoid hazards is housekeeping. All passageways, storerooms, and service rooms should be kept clean, orderly, and in a sanitary condition. The floor of every workroom should be kept clean and dry as much as possible. Where wet processes are used, drainage should be maintained and gratings, mats, or raised platforms should be provided. Every floor, working place, and passageway should be kept free from protruding nails, splinters, holes, or loose boards.

Aisles and passageways must be kept clear and in good repair with no obstructions across or in aisles that could create a hazard. Permanent aisles and passageways should be appropriately marked. Improper aisle widths coupled with poor housekeeping and vehicle traffic can cause injury, damage equipment and material, and can limit escape routes in emergencies.

Covers and/or guardrails should be used to protect people from the hazards of open pits, tanks, vats, ditches and the like. Floor openings and holes, wall openings and holes, and the open sides of platforms may create hazards. People may fall through the openings or over the sides to the level below. Objects, such as tools or parts, may fall through the holes and strike people or damage machinery on lower levels.

The following is a list of some potential hazards and how to avoid or rectify the hazard:

1. Spillage of wet and dry substances: Clean up spills immediately. If liquid is greasy, make sure a suitable cleaning agent is used. After cleaning, the floor can be wet for some time so dry it where possible. Use appropriate barriers to tell people the floor is still wet and arrange alternative bypass routes. If cleaning is done once a day, it may be possible to do it last thing at night, so it is dry for the start of the next shift.
2. Trailing cables: Position equipment to avoid cables crossing pedestrian routes, use cable covers to secure them to surfaces and restrict access to prevent contact. Consider use of cordless tools.
3. Miscellaneous garbage: Keep areas clear. Remove garbage and do not allow it to build up.
4. Rug/mats: Ensure mats are securely fixed and do not have curling edges.
5. Pool lighting: Improve lighting levels and placement of light fixtures to ensure more even lighting of all floor areas.
6. Slippery surfaces: Assess the cause and treat accordingly. For example, always keep them dry if wet causes the problem. In certain situations you



may have to treat them chemically and use appropriate cleaning methods, etc.

7. Change from wet to dry floor surface: Provide suitable footwear, warn of risks by using signs, and locate doormats where these changes are likely to occur.
8. Changes of level: Try to avoid. If you can't, improve lighting, add high visible tread tape.
9. Slopes: Improve visibility, provide hand rails, and use floor markings.
10. Smoke/steam obscuring view: Eliminate or control by redirecting it away from risk areas; improve ventilation and post warning signs.
11. Unsuitable footwear: Ensure workers choose suitable footwear, particularly with a non-slip sole. Avoid wearing sandals or open toe shoes, high heels, or shoes made out of canvas. They do not provide protection and high heels may promote slip injuries. For wet processes wear non slip overshoe covers.

Slips, Trips, and Falls



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Spark an Interest in Electrical Safety

Electricity is a modern wonderworker. So it's easy to forget how dangerous electricity can be. But each year, electricity is responsible for 300 on the job deaths and thousands of injuries. Even a light bulb can transmit a deadly shock. Electrical fires can destroy companies, homes, and people's lives. So workers need to develop a healthy respect for the hazards of electricity poses.

You should keep an eye out for warning signs such as overloaded outlets, switches that are warm to the touch, crackling noises, equipment that isn't grounded, loose connections, tingling sensations when working with tools or equipment, and cracked or frayed electrical cords.

Use only extension cords that have been provided by the company. Never use household cords. When selecting a cord, consider the equipment, its power requirements, the environment, and the cord's thickness and length. Before use, inspect the cord for visible defects such as cracks, tears, weakened prongs, missing grounding prong, or pulled insulation. Be sure to turn equipment off before pulling the plug. Never yank the cord – grasp the plug itself. Take care not to overload receptacles.

Use electrical tools and equipment correctly. Know your equipment. Read the operator's manual carefully. Use a tool or piece of equipment only for its intended use. Never overload the capacity of the equipment. Always use grounded electrical tools and equipment. Grounded plugs with the three prongs provide a path for stray current to the ground. Ensure that grounding circuits are present and in good repair. Don't bypass safety guards.

Follow lockout/tagout procedures. Adhere to proper lockout/tagout procedures to prevent the unexpected start-up of machinery and equipment. Don't forget to safely release all

potentially hazardous stored or residual energy.

Use appropriate protective gear. When it comes to working with electricity, you'll need special protective equipment. The job may require rubber mats, an electrician's rubber gloves, electrical conductive or insulating safety shoes, a nonconductive hard hat, eye and face protection, and flame retardant clothing. Equipment should be selected according to the company's hazard assessment policy.



NO KIDDING

- ◆ One out of three people can't snap their fingers.
- ◆ When a porcupine is born, its quills are soft and mostly white, but harden within hours.
- ◆ Wheaties was the first product to use a jingle in its radio ads.
- ◆ Time magazine named the personal computer as its "man of the year" in 1982.