

THE

CONNECTION

JUNE 2006

USE "KID GLOVES" TO DISPOSE OF CHEMICALS

All too often, people forget the proper disposal procedures for chemicals, or consider them too much trouble and take shortcuts that can lead to disastrous consequences. These consequences can include personal injury, damage to home or workplace, or damage to the environment. Follow these general guidelines for safe chemical disposal:

Use your company's chemical disposal procedures. Never guess what to do with chemical waste - Find Out.

Don't take shortcuts. There are numerous laws and regulations every company must follow for the disposal of hazardous chemicals. Not taking these regulations seriously could endanger other people's safety and pollute the environment. Read the label and check MSDS for proper disposal procedures.

Separate waste materials. What are the possible consequences of mixing chemicals in disposal containers? They can react with one another and ignite, release toxic vapors, or explode.

Dispose of contaminated materials properly. Know what to do to properly dispose of rags, absorbent materials used to clean up spills, and other materials that have been contaminated by hazardous chemicals.

Empty containers before disposing of them. When left in a container, even small amounts of many chemicals can produce toxic fumes, ignite, react, or explode. Check with your supervisor if you're not sure what to do.

Safety Postings April 1996

HEARTBURN AND GASTROESOPHAGEAL REFLUX DISEASE (GERD)



Despite its name, heartburn has nothing to do with the heart (although some of the symptoms are similar to a heart attack). Heartburn is an irritation of the esophagus caused by acid that refluxes (comes up) from the stomach.

When swallowing, food passes down the throat and through the esophagus to the stomach. Normally, a muscular valve called the lower esophageal sphincter (LES) opens to allow food into the stomach (or to permit belching); then it closes again. Then the stomach releases strong acids to help break down the food. But if the lower esophageal sphincter opens too often or does not close tight enough, stomach acid can reflux or seep back into the esophagus, damaging it and causing the burning sensation we know as heartburn.

Not only can stomach acid in the esophagus cause heartburn, but it can also cause ulcers, strictures (narrowing) of the esophagus and cancer of the esophagus.

Most people have felt heartburn at one time or another. In fact, the American Gastroenterological Association reports that more than 60 million Americans experience heartburn/GERD symptoms at least once each month. Though uncomfortable, heartburn does not usually pose a serious health problem for most people.

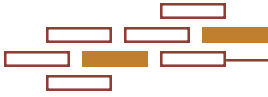
However, if heartburn symptoms occur frequently and persistently, it may be a sign of a more serious problem, such as gastroesophageal reflux disease (GERD). GERD is a chronic reflux of acid into the esophagus. Left untreated, GERD can cause a host of complications, including esophagitis, esophageal ulcers, hoarseness, chronic pulmonary disease and Barrett's esophagus (a change in the lining of the esophagus that increases the risk of developing cancer of the esophagus).

WHAT DOES HEARTBURN FEEL LIKE?

Heartburn has several symptoms, including:

- * A burning feeling in the chest just behind the breastbone that occurs after eating and lasts a few minutes to several hours.
- * Chest pain, especially after bending over, lying down or eating.
- * Burning in the throat -- or hot, sour, acidic, or salty-tasting fluid at the back of the throat.
- * Difficulty swallowing.
- * Feeling of food "sticking" in the middle of the chest or throat.

Reporting these symptoms to your doctor is usually all that is needed for your doctor to



diagnose heartburn. However, your doctor may perform special tests such as endoscopy or pH monitoring to determine the severity of your problem or to monitor your treatment.

WHAT CAUSES HEARTBURN?

Various lifestyle and dietary factors can contribute to heartburn by relaxing the lower esophageal sphincter and allowing it to open, increasing the amount of acid in the stomach, increasing stomach pressure, or by making the esophagus more sensitive to harsh acids. These factors include:

DIETARY HABITS

- * Eating large portions.
- * Eating certain foods, including onions, chocolate, peppermint, high-fat or spicy foods, citrus fruits, garlic, tomatoes or tomato-based products.
- * Drinking certain beverages, including citrus juices, alcohol and caffeinated and carbonated drinks.
- * Eating before bedtime.

LIFESTYLE HABITS

- * Being overweight
- * Smoking
- * Wearing tight-fitting clothing or belts
- * Lying down or bending over, especially after eating
- * Stress



MEDICAL CAUSES

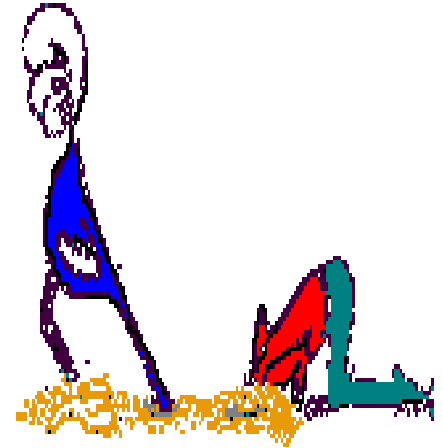
- * Pregnancy.
- * Bulging of part of the stomach into the chest cavity, also called hiatal hernia.
- * GERD.
- * Taking certain medications, especially some antibiotics and aspirin.

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

Be A Safety Mentor

If you are an experienced worker, here's another good reason for you to keep safety in mind. Others will follow your example. Some companies call on veteran employees to train new workers, and it's up to you to teach them the safe way to do the job. But even if you're not formally training a new worker, inexperienced employees are sure to watch and copy what you do. So set a good example.

Safety Postings Sept. 1995



DON'T IGNORE IT - REPORT IT

A loose belt, some spilled oil, a frayed cord, a wobbly railing. Every day people come across, but fail to report, potential accident hazards on the job.

And every day unsuspecting others are injured or killed by these same hazards. You'd want others to report potential hazards that could injure you. So do the same for them. The time it takes to report an unsafe condition is justified by the financial and physical suffering you can prevent.

Remember, accidents don't just happen. They're caused. And very often they begin with hazardous conditions. So if you spot a safety hazard, correct it or report it at once. It's easier in the long run to report a hazard than it is to report an accident.

Play Defensively

To control your weight, feel better and dodge serious diseases, start with these 5 simple steps that have potentially big health payoffs:

- 1 Learn the risk factors and warning signs of the most common and serious medical problems for men.
- 2 Talk with your provider about having a checkup. Don't be shy about exams – they can be lifesavers.
- 3 Find ways to relieve stress, other than with alcohol or overeating.
- 4 Lose excess weight through moderate diet and increased physical activity.
- 5 If you smoke, quit.

