

April 2016



Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Workplace Safety*.



Save the Date!













Upcoming Events:

April 14, 2016
Health & Wellness Seminar
Topic: Workplace Safety
Where: Council Chambers
Time: 2:30p.m. – 3:30 p.m.

Don't Cut Corners Mowing

Know The Hazards Before Tackling The Lawn

Safety should always be top of mind when working in your yard or garden. Consider these tips before mowing the lawn:

-  Read the owner's guide before using your mower.
-  Wear safety goggles, long pants and well-made shoes or boots. Don't wear jewelry.
-  Wear ear plugs if you use a power lawnmower.
-  Do not take safety switches or guards off the mower.
-  Never put hands or feet into the mower to take out grass or other debris. Instead, use a stick or broom handle.
-  Remove spark plugs when mowers are being worked on to keep the mower from starting on its own.
-  Cut the grass only when it's dry, never when wet.
-  Do not drink alcohol before or during mowing.
-  After putting gas in a mower or other lawn equipment, move at least 25 feet from where you put the fuel in.
-  Never put gas into a hot lawnmower. Let the engine cool first.
-  When filling the engine with gas, use a funnel. Make sure that the gas can you use is approved to store gas and is in good shape.
-  Before mowing, walk around the yard to check for objects that could be thrown by the mower.



Source: American Society for Surgery of the Hand; U.S. Consumer Product Safety Community Injury Update Report – Injury Prevention Service, Oklahoma State Department of Health

Safety Tips When Using Ladders And Stairs

Stairs and ladders may help us get to higher places, but they can be dangerous. People visit emergency rooms more than 164,000 times each year in the U.S. because of falling from a ladder. Follow these tips for healthy climbs:

Ladder Safety

- 👉 Steady ladders on level, firm ground. Have someone brace the ladder.
- 👉 Make sure metal ladders have feet that resist slipping.
- 👉 Center your body between ladder rails, and never lean far to the side.
- 👉 Make sure all locks are in use when using extension ladders.
- 👉 Don't place a ladder in front of a door that someone might open.
- 👉 Keep ladders away from electric wires.
- 👉 Never step on the bucket shelf, top step or rear section of a ladder.
- 👉 Use the right size ladder for the job. The ladder should go up three feet or more over the roofline or working surface.

Stair Safety

- 👉 Remove objects from stairs to put a stop to tripping.
- 👉 Put in stair rails.
- 👉 Make sure stairs are well lit.
- 👉 Fix any stairs that are broken or not even.
- 👉 Use safety gates at the bottom and top of stairs when young children are present.



Source:

U.S. Consumer Product Safety Commission; Centers for Disease Control and Prevention

12 Tips For An Ergonomic Computer Workstation



Source:

Mayo Foundation for Medical Education and Research

- 👉 Use chair adjustments properly and practice good posture. Stack your ears, shoulders and hips in a straight line.
- 👉 Make sure the top of the computer monitor screen is level with your eyes.
- 👉 Locate the screen away from windows to minimize glare.
- 👉 Sit at arm's length from the monitor, about 20 to 40 inches from your eyes.
- 👉 Keep feet on the floor. If necessary, use a stable footrest or make your own using a stool or several books.
- 👉 Use a document holder preferably in-line with the computer screen.
- 👉 Avoid bending or flexing your wrists while using the computer keyboard.
- 👉 Relax your arms and elbows, keeping them close to the body with elbows bent at a 90-degree angle.
- 👉 Center the monitor and keyboard in front of you.
- 👉 Keep key objects, such as the phone or pencil holder, in easy reach.
- 👉 Use a stable work surface.
- 👉 Take stretch break

Stretch breaks can improve flexibility



Stretch Yourself

Feeling the aches and pains of spending too many hours tackling the pile of work on your desk or leaning forward hunched over the keyboard? Sitting at a desk all day puts pressure on your lower back, neck and shoulders. When the day is over, you may feel the effects with symptoms like soreness or exhaustion. Fortunately, proper stretching is something you can do to give your muscles and tendons the rest, recovery and nutrients they need for health and injury prevention. Even if you have a comfy, well-adjusted chair, it's still necessary to stretch and change positions because your body is designed to move. Relieve common aches and pains by taking one-minute breaks every 20 minutes or so to relieve tension and loosen stiff muscles. Make sure to stretch your arm, shoulder and back muscles. Here are a few helpful stretches to get you started:

Back scratch

Give yourself a pat on the back, and gently stretch the back of your arm at the same time. Reach behind your head and place your hand on your upper back, keeping your arm close to your ear. Gently hold your elbow with your opposite hand. Pull your elbow toward the back of your head and reach your hand toward the middle of your back until you feel a gentle stretch. Hold for 10 to 15 seconds. Relax. Repeat on the other side.

Chin tuck

Start by facing straight ahead. Keep your back straight, and pull your chin toward your chest until you feel a stretch along the back of your neck. Hold for five to 10 seconds. Relax and return to your starting position. Repeat two to three times.

Shoulder shrug

Slowly bring your shoulders up toward your ears. Hold for three to five seconds, then roll your shoulders back and down. Relax. Repeat five to 10 times.

Source:

Mayo Foundation for Medical Education & Research

Question & Answer



What should I do if I get injured on the job?

Answer: Stop what you are doing. Immediately call your supervisor to notify them of your situation. If you need immediate medical attention, make sure to communicate that to your supervisor. Fill out an accident report and report to risk management if you wish to see a doctor. **Injuries must be reported the same day that they occur no matter how minor or major they may be.**

What are my responsibilities as an employee to prevent injuries?

Answer: Request and look for information about health and safety regulations that apply in your workplace. Follow the rules and regulations as established by your employer's health and safety plan. Use the personal protective equipment that is provided to you at work. Notify your supervisor of all hazardous conditions. Notify your employer of an injury or illness associated with work and seek care promptly. Exercise your legal rights and responsibilities responsibly.

What are the employer's responsibilities?

Answer: The employers need to regularly examine working conditions to identify and eliminate hazards and ensure that applicable safety regulations are enforced. Employers need to verify that workers have and know how to use tools and equipment correctly. Employers can use color codes, posters, or signs to indicate possible hazards and bring them to the workers' attention.






Personal Protective Equipment (PPE)

PPE is equipment that will protect the user or wearer against any health or safety risks at work. PPE includes items like safety helmets, gloves, eye protection, high visibility clothing, safety footwear and safety harnesses, as well as respiratory protective equipment. PPE is used in a wide range of jobs and industries, from the obvious, such as agricultural and building industries to, more surprisingly, catering and lifeguarding. The type of PPE changes according to the user's working conditions and regulations.

PPE is important because it reduces the risk of injury or harm to users caused by hazards present in the workplace. Measures to make the workplace safe include the provision of instructions, procedures, training and supervision to encourage people to work safely and responsibly.

However, even when these measures have been applied, hazards still remain in the workplace and PPE is ultimately used to minimize the risk of injury. Risk in the workplace can include injuries to the lungs (from breathing in contaminated air), the head and feet (from falling materials), the eyes (from flying particles or splashes of corrosive liquids), the skin (from contact with corrosive materials), and the body (from extremes of heat or cold).

Examples of proper PPE:

-  Eye protection – safety spectacles, goggles, face screens, face shields, visors
-  Head & Neck protection - safety helmets, hard hats, bump caps, scarves
-  Ear protection – ear plugs, earmuffs
-  Hands and Arm protection- gloves, gloves with sleeves
-  Feet and Leg protection – safety boots



Source:
Essential Safety Wear

Healthy Recipe

Tex-Mex Pulled Chicken Sandwich















This pulled chicken sandwich will satisfy your barbecue craving without the red meat and smoking of a traditional southern recipe. Tomato paste, garlic, chipotle peppers and adobe sauce make a richly flavored marinade for the chicken. Add the roasted poblano peppers to infuse the dish with a kick of heat. Serve on whole-wheat.

Makes 6 Servings

Per serving: 364 calories, 8 g total fat (1.5 g saturated fat), 34 g carbohydrate, 38 g protein, 5 g dietary fiber, 510 mg sodium.



Ingredients:

-  1 cup no salt added tomato sauce
-  1 Tbsp. no salt added tomato paste
-  1 tbsp. Worcestershire sauce
-  ¾ cup finely chopped onion
-  3 garlic cloves, finely chopped
-  1-2 canned chipotle peppers, finely chopped
-  1 tbsp. adobo sauce from canned chipotle pepper
-  2 tsp ground cumin
-  ¼ tsp. salt
-  ¼ tsp. freshly ground pepper
-  2 lbs. skinless and boneless chicken thighs, fat trimmed
-  2 poblano peppers, halved and seeded
-  1 large onion, halved & cut crosswise into ½ in pieces
-  6 whole-wheat hamburger




Directions:

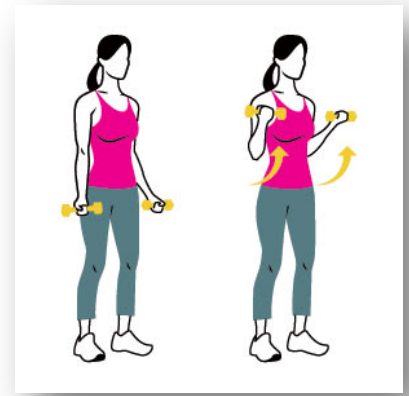
1. In 6- or 8-quart slow cooker, combine tomato sauce, paste, Worcestershire sauce, chopped onion, garlic, chipotle pepper, adobo sauce, cumin, salt and pepper, spreading mixture to cover bottom of cooker.
2. Arrange chicken pieces on top of sauce in cooker. Cover and cook on low for 2 hours.
3. Meanwhile, preheat oven to 450 degrees F.
4. Line baking sheet with foil. Arrange poblano halves skin-side up on baking sheet. Bake until skin is blistered, 10 to 13 minutes. Wrap peppers in foil and set aside for 5 minutes. With your fingers, pull off skin. Cut peppers lengthwise into 1/2-inch strips. Scrub your hands thoroughly.
5. After chicken has cooked for 2 hours, add poblanos and sliced onion to slow cooker, distributing them over chicken. Cover and continue cooking until chicken shreds when picked at with fork, about an additional 4 hours.
6. Remove chicken to plate. One piece at a time, using 2 forks, shred chicken pieces by pulling them apart. Return chicken to slow cooker and mix with sauce, stirring vigorously.
7. To serve, toast buns. For each sandwich, place bottom half of bun on sandwich plate, top with one-sixth of pulled chicken and cover with bun top. Serve accompanied by coleslaw and pickle spears.

Move Of the Month:

Basic Bicep Curl

A simple bicep curl will work your abs, gluts, triceps, shoulders and countless other muscles in the body. Like the bicep curl, all exercises require the whole body to work when performed correctly.

-  Hold a pair of dumbbells at your sides, palms facing forward, keeping your back straight, chest up and slight bend in your knees.
-  Without moving your upper arms, bend your elbows and curl the weights toward your shoulders.
-  Slowly lower the weights back to the starting position, straightening your arms completely.



This counts as one rep. If this is your first time, start with a lighter weight and build to a heavier eight. Complete 2 of 10 reps each working up to 3 sets of 15 reps each.

























Complete the puzzles and turn them to Human Resources by April 15, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

Puzzle

Congratulations to
last month's winner:
Jody Tittle
Police Department

T N F Q H Y T N G S K D P T W U J E D L
 F N J I R A L N T A E I R S S S R E J N
 N W E U R X R O E H U W T E N A F V E R
 P O J M Z S O D Y V H V I V U Y G K U B
 H N I H E B T D H U E L J E N T O P I T
 I A K T N G R A C A P R P V W I G B P G
 X Q Z I N A A B I P T S P I O L G Y N Y
 S V A A T E A N U D L H W T R I L T F Q
 J R B I R N V S A I K M A C K B E E A S
 U D O T D D Y E P M U I A E E A S F L H
 F N Z A Z T P I R T K D T L R I Q A L E
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 P D P F R A I N C O A T I E C E N Q L R
 P V A Y R U J N I K C A B R O A P Z W Q
 U S T E E L T O E B O O T S M B O P C F
 U N O I T U A C T K W I Z M P I Y B Q A
 Q X O G N Z K Q S S M U K J R F G V Q J
 U F V F L B A P N H B K O E T N V O B J
 I L Q J R S J Z N C N V F O V A L S A V
 M R I O J Y T S R U B L D G L O V E S U

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8			6			4	3	2
7					3	6		
	2			7			5	
		8	5					7
9	8	1			7			6
	4			9		2		
	6				5			

-  Back Injury
-  Gloves
-  PPE
-  Safety
-  Bandaid
-  Goggles
-  Prevent
-  Safety Supplies
-  Caution
-  Hard Hat
-  Prevention
-  Slip
-  Dehydration
-  Hazard
-  Rainboots
-  Steel Toe Boots
-  Fall
-  Injury
-  Raincoat
-  Trip
-  First Aid Kit
-  Liability
-  Risk
-  Workers Comp

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Next Month's Issue:

Allergies