



Short Days = Long Months: Let the Sunshine In

Short days and lack of light may make Winter seem endless. If the lack of light has you down, try these tips to brighten your work days.

- ⚙ **Get as much sunlight as you can.** Try to get outdoors for an hour a day. If you can, walk before work. At work, use lunch and break times to walk outdoors.
- ⚙ **Let the light in.** Throw open your curtains and raise your blinds. If you can, work near a window.
- ⚙ **Brighten up your desk, workstation, or cubicle with lamps.**
- ⚙ **Take your annual vacation** during the winter months in a sunny climate, if possible.
- ⚙ **Avoid sugars and starches.** Eat a low-fat, well-balanced diet with lots of vegetables and fruits.
- ⚙ **Limit caffeine.** Take an herbal tea break instead.
- ⚙ **Keep active.** Exercise releases endorphins, which are natural mood lifters. Join an exercise or yoga class.
- ⚙ **Stay social.** Resist the impulse to hibernate. Take that co-worker up on the offer to eat lunch together.

Spring will be here soon!

Give Your Heart Some Love

Heart disease is the leading cause of death for men—and women—in the U.S. 1 out of every 4 people dies from it. While there are some risks you can't control, including age, gender, and heredity, there are many ways for you to prevent heart disease.

- ♥ **Eat right.** Limit fats and sodium. Eat lean meats, fish, and fresh vegetables and other complex carbohydrates.
- ♥ **Be active.** Exercise helps you keep

your heart strong, manage your weight, and lower blood pressure and bad cholesterol. It also reduces your risk of developing diabetes, a major risk factor for heart disease.

- ♥ **Stop smoking.** If you don't smoke, don't start.
- ♥ **Trim down** if you are overweight.
- ♥ **Limit alcohol** to no more than one or two drinks a day.
- ♥ **See your doctor regularly** and get recommended blood pressure checks and cholesterol checks.

In this issue:

- Keep your spirits and productivity high by letting the sun shine in all month long.
- Why you should love your heart.
- Be aware of common burn hazards.



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Take another peak at our monthly newsletter and you'll find condensed information with a sleek, new look!

Know How to Treat Burns: Proper First Aid Can Save Lives

STOP, DROP, AND ROLL. Memorize this sequence so you won't hesitate for a second if you or your clothing catch fire. Stop where you are, drop to the floor or ground, cover your face with your hands to protect it and your lungs, and roll over and over to smother the flames.

If someone else's clothing is on fire, wrap that person in a rug or blanket to smother the flames. Once the fire is out, cut away any loose clothing, but don't remove clothing if it's stuck to a burn.

Soak or rinse a first or second degree burn in cold water for at least fifteen minutes. Don't apply oil, butter or lotion to a burn. Don't pack the burn in ice or rub burned skin.

After soaking or rinsing the burned skin, cover it with a clean (preferably sterile), moist cloth. If arms or legs are burned, elevate them.

Don't break any skin blisters. If they break on their own, leave them alone.

See a doctor right away for all burns that:

1. Appear to be third-degree (white or charred skin);
2. Blister;
3. Affect the hands, feet, or face;
4. Cover more than 10 percent of the body; or
5. Cause pain for 48 hours.

Common Burn Hazards

Beware electrical and chemical burn hazards and take precautions to prevent fires :

- Space heaters, if not used properly, can cause fires and burns.
- Frayed wiring or worn insulation and overloaded circuits, fuses, motors, outlets, and loose ground connections.
- Lights or hot machinery that come into contact with combustible materials.
- Flammable liquids: Oil, sol-

vents, and chemicals often have invisible vapors that move quickly through air. Put them together with a spark and you could have a fire.

- Smoking: Lit cigarettes or matches can be an ignition source for paper, flammable liquids, or almost anything that's capable of burning.
- Welding and cutting creates flames and sparks that can cause of burns themselves and start fires.

- Very hot water or hot beverages.
- Chemicals can pose a potential burn hazard. Know your container labels and Material Safety Data Sheets. If they tell you a substance can catch fire under certain circumstances or that it can burn your skin on contact, take precautions.

Videos, training materials,
& more online at:
www.ycparmia.com