



Give Your Heart Some Love

Heart disease is the leading cause of death in the United States, killing 1 in every 4 people. 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, 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 daily.
- ♥ **See your doctor regularly.** Get recommended blood pressure and cholesterol checks.



Be Good to Your Back

The best way to protect your back against the many hazards it faces on and off the job is to develop habits that reduce the strain on back muscles. For example:

- **Slow down.** Back injuries that result from slips, trips, and falls can often be prevented by walking instead of running from place to place. Wear shoes with nonskid soles and, of course, look where you're going.
- **Stretch first.** Your back muscles, and the stomach muscles that help them, benefit from stretching before heavy use, so stretch gently before lifting or other back activity. Gentle stretches at the beginning of the day, and periodically during the day, also help keep your back muscles flexible.
- **Rest your back.** When you sleep, your back gets a rest from carrying your body around. To give your back the best rest, sleep on a firm mattress. The best sleep positions for your back are on your side with your knees bent or on your back with your knees elevated.
- **Lift safely.** Break large loads down into smaller, more manageable parts. Whenever possible use material handling equipment, such as hoists, hand trucks, and dollies, rather than your body to lift objects. Push hand trucks, don't pull them.



High Temperature + High Humidity + Physical Work = Heat Illness

Now that summer is almost here, OSHA reminds workers to remember this formula and beware of heat illness. Serious heat illness occurs when the body is unable to cool itself through sweating. The most severe heat-induced illnesses are heat exhaustion and heatstroke. If left untreated, heatstroke can be fatal.

What are the Symptoms?

- Headaches
- Dizziness or lightheadedness
- Weakness
- Mood changes such as irritability, confusion, or the inability to think straight
- Upset stomach or vomiting
- Decreased or dark-colored urine
- Fainting or passing out
- Pale, clammy skin

If a co-worker is experiencing these symptoms you should act immediately. Move the person to a cool, shaded area to rest and don't leave them alone. If symptoms include dizziness, lay him or her down and raise the legs up 6 to 8 inches. If symptoms include nausea or upset stomach, then lay him or her on their side. Heavy clothing should be loosened, or if possible, removed. Unless they are nauseated, have them drink a cup of cool water every 15 minutes. Cool their body temperature by fanning and spraying with a cool mist of water or applying a wet cloth to their skin. Call 911 if the person does not feel better after 20 minutes.

Test Before You Enter!

Before you enter any confined space, make sure your employer tests the levels of oxygen, combustibility, and toxicity in the space. You have the right to view the testing procedures and results.

All levels of the space must be tested, not just the middle. Light gases, such as methane, will rise to the ceiling. Heavy gases, such as propane, will travel along the floor. Some may accumulate in a corner where there's a leak in a pipe or duct.

If tests reveal a hazard, ventilate the space and test again. Respirators are critical for spaces that cannot be ventilated. And, remember to test the instruments themselves regularly, to make sure they're working right.

