TWO HANDS – TEN FINGERS You Need Them ALL

Fingers and hands are injured more than any other part of the body. Many times these injuries occur due to lack of an understanding of the hazards that exist or lack of Personal Protective Equipment. Personal Protective Equipment is designed to guard you against any risk present in the workplace. This can be anything from falling debris to electric shock. Injuries also occur when employees choose not to wear designated Personal Protective Equipment or use the wrong type of equipment.

Here are some pointers on how to avoid common injuries.

☞ In most cases, gloves have to be used to prevent hand injuries.
☞ For each kind of job, complete a written Hazard Assessment to be sure that the proper kind of protection is always available for the different kinds of exposures.
☞ Before handling, inspect materials for slivers, jagged edges, and burrs, rough or slippery surfaces.
☞ Get a firm grip on the object.
☞ Clear a path of travel and set point.
☞ Keep fingers away from pinch points when setting down materials.
☞ When handling lumber, pipes, or other long objects, keep hands away for the ends to prevent them from being pinched or sharp edges.
☞ Wipe off greasy, wet, slippery, or dirty objects before trying to handle them.
☞ Keep hands free of oil and grease.
☞ If injuries do occur, report them immediately and have them treated. Cuts or scratches can become infected unless properly cared for.

Stress doesn't just Aff ect Adults. It's made its way onto the Schoolyard, too

According to Dr. T. Berry Brazelton, who works in pediatrics at Harvard Medical School, the most pressing childhood disorders these days are psychological. Depression, delinquency, obesity and anorexia are all on the rise. And a lot of the pressure kids face is being forced on them, unwittingly, by parents.

Dr. Brazelton says adults are so conditioned to working long hours and juggling endless tasks, that we don't always realize when things become hectic for our kids. But a heavy school load, after-school sports, and other activities can really take a toll on them.

So how can you tell if your child is under too much stress? Here are a few signs, courtesy of Dr. Brazelton and Family Circle magazine:

• They have a lack of humor.
• They don't play, either by themselves or with others.
• They become rebellious at unexpected times.
• They've developed sleeping or eating disorders.

Your child may also be stressed if:

• They show signs of insecurity, such as fearfulness or separation anxiety.
• They start bullying other kids and seem consistently agitated.
• Or if they use TV to withdraw from the family.

If any of these describe your kid, it might be time to reevaluate both their home and their school life. Help them cut back on activities and focus on just one or two things that are truly important to their development. Also, Brazelton says one of the best ways to take pressure off your kids is to appreciate them for exactly who they are.

• If they're shy, don't force them to be outgoing.
• If they're active, don't make them sit quietly.

Concentrate on what they're good at and let them know you're proud of them.

COFFEE CONTEST

Congratulations to Brad Krause, from Madera Unified School District, who won last month's contest. For your chance to win, decode each line in the Jumble puzzle, to come up with this month's safety slogan and e-mail it to: Nicki Marshall, nmarshall@crma-jpa.org A drawing will be held on Friday, May 20th. You could be our next winner for a $20 coffee gift card. Good Luck!
EVERYDAY ITEMS ARE KILLING YOUR BACK

Eight out of ten people suffer from back pain, but the causes might surprise you. Here are four totally unexpected everyday items that are hurting your back, and expert advice to stop the pain:

• First back-buster: that fancy ergonomic office chair. Todd Sinett is a chiropractor and the author of “The Truth About Back Pain.” He says sitting puts extra pressure on your spine, no matter what you’re sitting on! That lumbar pillow that’s supposed to support your spine, if it’s not correctly positioned it’s not doing a thing. The fix here is to get up, stretch and walk around every hour or so, and put a couple of books under your computer monitor. The back experts say you should always be looking straight ahead – not down – whenever you’re working on the computer.

• Next, your shoes could be hurting your back. Chiropractor Todd Sinett says walking around in sky-high stilettos stresses your knees, hips AND back because it alters the angle of your body. Even worse than high heels are flip-flops or any shoes where your foot is sliding around. These distribute your body weight unevenly and put more pressure on your spine.

• Back-buster number three - you’re not going to like it – it’s your smart phone or tablet computer. The problem is we all hunch over them, which strains the muscles in the neck and back. Heidi Prather is an associate professor of orthopedic surgery and neurology at Washington University. She says take frequent breaks, and lift your hands up so you’re looking straight at the device instead of down. There are also stands you can buy that will hold your tablet or laptop at more back friendly angle.

• The final back-buster: the extra weight you’re carrying around. When you have extra belly fat, it forces your pelvis forward, so your body has to work harder to keep you balanced. So work to get the pounds off, and in the meantime do stretches and exercises that strengthen your abs and take weight off the lumbar region in your back.

Jumbled Word Contest

I U J S N I R E

URTH

T A F S E Y

O S D E T N

You Gotta play to WIN!

IMPROVE YOUR MOOD WITH LITTLE EFFORT

We all have bad days, but with a little effort, you can improve your mood even when the traffic’s bad, the weather’s worse, your kids act up and your boss stares you down! This is courtesy of PicktheBrain.com:

Be grateful. M.J. Ryan is the author of Attitudes of Gratitude: How to Give and Receive Joy Every Day of Your Life. She believes that appreciating the good things improves health, reduces stress and increases overall satisfaction. So, next time you’re “parked” on the freeway, skip blowing the horn and think about something you’re specifically grateful for at this point in your life.

Be kind. In one study, just observing an act of kindness made volunteers feel better and participating in the act caused positive feelings to skyrocket! You don’t have to change the world. The next time you arrive at work in a bad mood, simply try holding the door for other people and letting them go first.

Smile. University of Michigan researchers found that a smile improves mood - even if it’s forced. Why? The movement of the facial muscles releases feel-good chemicals like endorphins in the brain.

It all boils down to this: No matter what’s going on in your life, you can feel better right away. Just smile, be grateful, and do something nice for someone else. Once your attitude improves, you’ll be able to take action and solve the problem that’s annoying you.
Common drugs that are Toxic to kids

Did you know that some of the drugs in your house could kill a child, sometimes with only one pill? Allison Muller is the director of the Poison Control center at the Children’s Hospital of Philadelphia. She says that a kid who’s eaten a toxic pill can look perfectly fine, until it’s too late to save them. Every year, there are over three million toxic ingestions in North America – more than half occur in kids younger than 6. The drugs often come from bottles that were only “out” long enough for an adult to take a pill. Or fell out of the pocket of a visitor, or was found on the floor of a hotel. Here are a few common meds that are toxic to kids:

- **#1 cause of medication fatalities in kids younger than 6.** That includes aspirin, acetaminophen, Oxycodone, Percocet and Vicodin. The liquid versions are even more toxic. Symptoms include nausea, sweating, vomiting, lethargy, swelling of the brain, coma, lack of breathing and death. **Even half a tablet - or less than one teaspoon - can be fatal.**
- Also, beware of camphor rubs, like Ben-Gay, Tiger Balm and Vicks VapoRub. In a child, they can cause hyperactivity, seizures, delirium, coma and death. You’d think it would be too smelly to eat, but more than 10,000 kids do every year. Symptoms can start in as little as 10 minutes, and even one teaspoon can be lethal. Don’t wait for symptoms – the faster you call 911, the better their chances for survival.
- Also, protect your kids from **heart pills.** In kids, it can cause dangerously low blood pressure and heart rate, shock, seizures, and death.
- Finally, beware of eye drops, nasal sprays and topical blood pressure patches. Toddlers have been known to drink from the bottles, or lick discarded patches. It can take four hours for symptoms, but can lead to lethargy, coma and death.

If you even think your child ingested any kind of medicine, **call 911 immediately,** and give the bottle to paramedics or ER personnel so they know what they’re dealing with.

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**Safety Matters**

May, 2011

**GET MORE DONE . . . IN LESS TIME**

If you feel like you’re always busy, but still not making a dent in your to-do list, these tips for time management are for you. We got them from the self-improvement website PicktheBrain.com:

**First:** Make your biggest goal your top priority. Want this to be the year you finish your novel, get in shape or start a business? Well, author and entrepreneur Ali Hale has done all of those things. She says you won’t get far if you let everyday distractions stop you from writing, exercising, or putting together a business plan. Her advice? Choose one goal and then spend the first hour of each day making it happen.

Time management tip #2: **Keep a log.** Every 15 minutes jot down a quick note about what you’ve been doing. This might sound like a waste of time, but it’ll reveal the distractions that curb your productivity - like updating your Facebook status or checking email.

Then: Once you know how you spend your time, **group similar tasks together.** Charlie Gilkey is the founder of the website Productivity Flourishing, and he says that it takes about 15 minutes to switch between two different tasks. So, if you stop writing a report to answer an email, and then return a call, you’ll lose at least a half hour.

Listen to music while you work.** The famous mathematician and philosopher Blaise Pascal said that when we listen to music, the analytical part of our mind is occupied with counting the notes and processing the melody - and that allows the creative part of our brain to take center stage.

So, log your time, group your tasks, and listen to music. You’ll get more done - which means you’ll have time for another important task: **Unwinding after all your hard work!**
Hand, Wrist and Finger Injuries
Protection recommendations to reduce injuries

Throughout the day, your hands can come in contact with a multitude of hazards. Hand, wrist and finger injuries are among the most common ailments suffered by workers, and can be not only extremely painful, but also debilitating. When suffering from an injury, there is not only initial pain; some require weeks or months of rehabilitation.

To avoid suffering from a hand, wrist or finger injury, you must recognize potential hazards and take the proper steps to avoid them.

Know the Hazards
There are many tasks and operations that present hazards to your hands.
• Cutting tools operating at high speeds
• Heavy machinery
• Extreme temperatures
• Pinch points
• Equipment without machine guards
• Wearing loose clothing that can get caught in a machine and pull body parts with it
• Corrosive chemicals

Take Precautions
To avoid hand, wrist and finger injuries, consider the following recommendations while on the job:
• Develop a “safety first” attitude and take time to familiarize yourself with the hazards in your working environment. Become familiar with equipment and what others are doing around you.
• Concentrate on the task at hand, especially if you get frustrated or are easily distracted.
• Use common sense and remain alert for unexpected problems.

Pick PPE Wisely
Personal protective equipment (PPE) is designed to shield your body from hazards. Since the hands, wrists and fingers are so susceptible to injuries, there are many varieties of PPE to choose from.
• Select gloves that are appropriate for the task at hand. Make sure they are long enough to cover your wrists and fit correctly. Gloves that are too big can get caught in machinery; however, gloves that are too small can wear out easily.
• Leather gloves provide protection from bruises, cuts and minor burns. Cut-resistant gloves offer shielding from sharp-edged tools. Heat-resistant gloves offer protection against burns. Rubber, vinyl or neoprene gloves shield hands from corrosive materials.
• Barrier creams applied to the skin provide an invisible protective coating against minor irritations.
• Guards or hand pads protect against heat and abrasive materials.
• Finger guards protect against pinch hazards.

The Facts Don’t Lie
The Occupational Safety and Health Administration (OSHA) reports that 70 percent of work-related injuries involved workers who were not wearing gloves. The other 30 percent wore gloves; however, they were inadequate, the wrong type for the job or damaged. Wear the appropriate PPE and avoid joining these statistics!