

# Safety Matters

## The One Ring Phone Scam



There's a new phone scam we need to warn you about.

The Better Business Bureau says the fastest growing new cell phone fraud is the "one ring phone scam."

Here's how it works: Thieves randomly call a cell phone number, let it ring once — just enough to cause a missed call message to pop up — and then hang up. That makes a lot of people curious — so they'll call the number back. But when you do, you're connected to a paid service overseas, and get hit with a \$20 dollar fee just to connect - and \$9 dollars or more per minute in roaming charges.

So what happens if you call back? They'll tell you you've won money — or anything to keep you on the line for as long as possible to rack up those fees. The reason this scam is exploding is because crooks can place calls through the Internet. So it's really cheap for them to make hundreds of thousands of calls, and to mask their identity from law enforcement.

Officials say the easiest way to avoid getting scammed is to ignore any incoming or missed calls from unfamiliar numbers. And before calling any numbers back, Google the number to see if it's linked with any complaints or comments. **"Intelligence For Your Life, 2018"**

## Work Resolutions That Will Improve Your Health



Let's talk about starting the New Year right at work. According to Yahoo Hot Jobs, setting goals now can help you impress your boss. These professional resolutions won't just improve your annual review, they'll also improve your health:

- Focus on your passion. Counselor Trish Balbert says that doing the parts of your job that you like best reduces stress and raises energy levels. That means you'll do better work and be less likely to hit the vending machines to ward off an afternoon stress-induced slump.
- This 2nd work resolution's more important than ever: Recharge. So, make your family a priority, and schedule time for exercise and some stress reducing activities.
- Don't take things personally. Hallie Crawford, the author of *Flying Solo: Career Transition Tips for Singles*, suggests we remember that the actions of our clients and coworkers are rarely about us. By not taking what happens at work personally, you'll be better able to do your job and go home with a smile. **"Intelligence For Life, 2018"**



## Can't Sleep? This May Be Why

Almost everyone has a restless night now and then. But if it's happening to you on a regular basis – you need to get to the root of the problem. So here's a sleep quiz, Ask yourself:

Do you toss and turn, finding it impossible to get comfortable? You may need to diagnose your best sleep position. If you get heartburn, sleep on your left, so your stomach acid doesn't leak into your esophagus. If you have heart trouble, sleep on your right, to give your heart more room to pump blood. If you have back pain, sleep on your back with a pillow under your knees to take the pressure off your spine. Two sleep positions to avoid: The stomach and the fetal position.

Next sleep question: Do you wake up drenched in sweat? If you're sweating – that's your body's way of trying to cool you down so you can sleep. In fact, our body temperature reaches its lowest point around 5am - and your bedroom should be around 65 degrees for optimal sleep.

One last sleep question: What did you have for dinner? Poor sleepers eat more fatty foods than people who sleep soundly. So try cutting out fatty, acidic, and spicy foods. Because 20% of people with sleep problems also have digestive issues and bloating. Fix one, and you just may fix the other. **“Intelligence For Your Life, 2018”**



## How's Your Balance?

Take this 10 second test to figure it out. Put a **pillow** on the floor and stand on it *with one leg – with your eyes closed*.

If you start swaying or fall over in :10 seconds or less, you definitely need to work on your balance... because falls are among the leading causes of accidents and deaths in older adults.

Also, if you're young and you have balance problems, it could be the result of a neurological issue, a vision problem, or even prescription medications... so you definitely want to address that with your doctor.

If you can pass the test, the UK's Medical Research Council found that 50-year-olds who could stand on one leg for ten seconds with their eyes closed were the most likely to be fit and healthy for the next 13 years.

Also, a study published in the journal Stroke found that being unable to stand on one leg – on the floor, no pillow involved – for more than 20 seconds was linked to an increased risk of a “silent” stroke – which is a tiny bleed in the brain that doesn't cause symptoms, but which raises the risk of both a full-blown stroke and dementia.

And remember you can improve your balance regardless of age, so start training those muscles early and often this will make us last into our later years **“Intelligence For Your Life, 2018”**.



# Winter Slip Prevention

As you race through the door seconds before the shift begins, your foot slips in the puddle of slush melting inside the entrance. Flat on your back, you wonder how this happened. A small patch of ice on the stairs, a puddle on the floor, or snow on the sidewalk can put you down.



- Use extra caution to keep on your feet this winter, don't hurry when conditions are likely to be slippery, and give yourself plenty of time to get to your destination.
- Wear slip-resistant footwear, appropriate for the weather. Leather-soled shoes for men and high-heeled shoes for women are especially hazardous in winter.
- Practice good housekeeping habits. Clean up small spills immediately. Mark bigger ones with a warning sign while you advise the maintenance department of the problem.
- Keep skid-resistant door mats near entrances to dry your footwear. Check the bottom of your feet every time you enter a building and clean off the accumulated ice and snow.
- Anticipate hazards as you are walking. When you come to a corner, slow down. If you think a surface might be slippery, take short sure steps instead of longer strides.
- Make sure you can see over the top of parcels you are carrying while you walk. Try to keep one hand free to use handrails on stairways.
- When getting in and out of vehicles, always keep at least one hand on the handle or grab bar so you can catch yourself if you start to slip.
- Try to avoid climbing ladders in cold weather. The rungs could be covered with clear ice. If you must climb a ladder, examine it carefully and proceed with caution.
- Keep pathways at work and home clear of snow and ice. If possible, turn on extra lights at night to illuminate the area.
- Pay particular attention when you are walking after dark. Remember that drivers will have a difficult time seeing you, so be sure to wear light colored clothing and watch out for vehicles.
- Sometimes, even though you have tried to be careful, you will fall. Don't move until you are certain you haven't broken any bones.

**“Safety Toolbox Topics, 2018”**



- Don't fool around or show off on the job
- Don't let anger; frustration or personal problems interfere with your work
- Don't ignore a safety hazard
- Don't become overconfident with jobs you've done many times
- Don't use equipment in ways they were not intended
- Don't get pressured by others into ignoring safety procedures
- Don't take shortcuts on the job
- Don't assume safety is someone else's job

## What is Common Sense?

Most accidents are caused by the failure to use common sense. Here are some common sense safety rules:

- Treat safety as an important part of your job
- Keep your full attention on what you are doing
- Know and follow the company safety rules
- Use the required protective equipment
- Remind your coworkers about safety procedures and equipment
- Pay attention during safety training programs and meetings
- Know what to do in case of an emergency
- Ask questions when you don't understand



## Jumbled Word Winner!

Congratulations **Kelli Seals of Bass Lake Joint Union Elementary School District**, who won last month's contest! For your chance to win solve the Jumbled Word Puzzle email the answer to Lisa Perez at [lperez@crma-jpa.org](mailto:lperez@crma-jpa.org) A drawing will be held on the 20th of this month. You could be our next winner for a \$25 Starbucks gift card. Good luck!



## Jumbled Word Puzzle

Y O N O B D

S E G T

T H U R

Y D T A O

**BE**

**PROTECTED**



**WEAR  
YOUR**

**SEATBELT**