

GOT RISK?

District *Safety* Gram PEOPLE-MISSION-SAFETY



Ringling in a Safer New Year

As a new year approaches, it brings another chance for change. It is at this time that people commonly come up with resolutions in order to improve the quality of their lives. This year is a new opportunity to do things the way they could or should have been done, if they were not before. This is also an opportunity to start a safer way of living. Here are some tips for ringing in a safer new year!

Starting a Safer Year in the Workplace:

- **Training:** Take advantage of training opportunities in order to maximize competency and safety. If you do not understand the hazards and precautions related to your work, ask until you get satisfactory answers. Take part in reviews, and insist on updates when equipment or conditions change.
- **Awareness:** Focus on staying alert and know what you are doing at all times when you are on the job. Tune into your surroundings so you will not be surprised by things like moving vehicles, items falling from overhead, or objects obstructing the walkway.
- **Communication:** Communication is key to warning coworkers of danger. Report hazards and safety concerns to your supervisor. Follow up to make sure safety problems are corrected promptly.
- **Personal Protective Equipment:** Always use properly maintained gear whenever it is needed – even for minor tasks. Safety eyewear, gloves, safety-toed footwear, face shields, fall arrest harnesses, respirators, and other protective equipment have proven their value countless times in preventing serious injuries.

Starting a Safer Year for Your Body:

- **Quit Tobacco:** The health effects of tobacco are well known – heart disease, stroke, lung cancer, and other deadly illnesses.
- **Lower your blood pressure:** Learn to control unsafe blood pressure with diet, exercise, weight loss, and medication as prescribed by your doctor. Schedule regular visits with your doctor and formulate a plan to improve your health.
- **Eat for health:** Reduce your intake of fatty caloric foods, and increase the fiber in your diet. Avoid food with saturated fats such as whole milk, fatty red meats, lards and shortening, which can contribute to heart disease. Add whole grain breads, cereals such as oatmeal, fresh fruits, vegetables, beans, and peas to your meals. Cut down on, or avoid altogether, alcohol and caffeine in beverages.
- **Be active everyday:** Try using the stairs instead of the elevator. Use a bike to travel when possible. Wash your car or play fetch with your dog. Learn a new sport such as Tai Chi, archery, skiing, canoeing, hockey, softball, or badminton. Being in good physical condition makes you safer by giving you the ability to respond quickly to a hazard. It also improves blood pressure.
- **Reduce stress:** Control your stress with exercise, diet and plenty of relaxation – not drugs and alcohol. At work, refresh yourself by taking a ten-minute stress-break at coffee time and go for a brisk walk on your lunch break. Learn to say **no** to extra commitments and **yes** to time with friends and family.

Have a safe new year for 2010!

