



UNDER CONSTRUCTION

Safety & Health MONTHLY



Quick Tip

The recent tragedy in Tucson reminded us of how dangerous the workplace can be. When acts of aggression occur in the workplace, somebody has to confront the aggressor and try to defuse the situation. The person who does this should apply the following conflict resolution tactics when dealing with the aggressor.

- Respond quietly and calmly. Sudden movements or outbursts may provoke retaliation.
- Ask questions - the aggressor may simply want attention, which he or she interprets as respect.
- Consider offering an apology to create a sense of calm.
- Sum up in your own words what you think the aggressor said. Hearing someone articulate their position might calm the aggressor and reassure them that they are being listened to.
- Set firm limits, but in a calm and non-confrontation voice & manner.
- Ask the aggressor to stop the behavior and calmly urge them to consider the consequences of their action, including the potential for official action by the organization and/or law enforcement.
- Ask the individual to leave the facility or grounds.

If these techniques fail to diffuse the situation, you'll most likely need to get law enforcement involved. Remember the responsibility of containing the risk of workplace violence falls upon the employer. Every organization needs a prediction-prevention plan that incorporates elements of anticipation and action. Take proactive measures to avoid losses in lawsuits, reputation, and of course, human life.

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Don't suffer from a Broken Heart...

The following tips are a few practical ways to keep your heart healthy, ensuring that you and your special someone will be celebrating Valentine's Day for many years to come.



1. **Stop smoking.** Quitting smoking is the single most important thing a person can do to live longer. If you are a smoker, you are twice as likely to have a heart attack than a non-smoker. But from the moment you stop smoking, the risk of heart attack starts to reduce. With public smoking bans recently introduced, there has never been a better time to give up the habit.

2. **Cut down on salt.** Too much salt can cause high blood pressure, which increases the risk of developing coronary heart disease. Avoid foods like chips, salted nuts, canned and packet soups and sauces, baked beans and canned vegetables, pork pies, pizzas and ready meals. Many breakfast cereals and breads that appear healthy also contain high levels of salt, so keep your eye on those too.

3. **Watch your diet.** A healthy diet can help to reduce the risk of developing heart disease, and can also help increase the chances of survival after a heart attack. You should try to have a balanced diet, containing plenty of fresh fruit and vegetables, oily fish, starchy foods such as whole grain bread, pasta and rice. Avoid foods like biscuits, cakes, pastries and dairy products that are high in saturated fats and sugar.

4. **Monitor your alcohol.** Too much alcohol can damage the heart muscle, increase blood pressure and also lead to weight gain. Binge drinking will increase your risk of having a heart attack, so you should aim to limit your intake to one or two drinks a day.

5. **Get active.** The heart is a muscle and it needs exercise to keep fit so that it can pump blood efficiently through your body with each heart beat. You should aim for 30 minutes of moderate intensity exercise a day. If this seems too daunting, start off gently and build up gradually. Keeping fit not only benefits your physical health - it improves your mental health and well being too.

6. **Manage your weight.** The number of people who are overweight is quickly increasing - already more than half of the adult population is overweight or obese. Carrying a lot of extra weight as fat can greatly affect your health and increases the risk of life-threatening conditions such as coronary heart disease and diabetes. If you are overweight or obese, start by making small, but healthy changes to what you eat, and try to become more active.

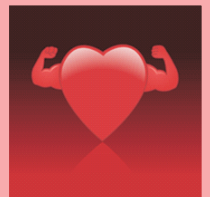
7. **Get your blood pressure and cholesterol levels checked by your GP.** The higher your blood pressure, the shorter your life expectancy. People with high blood pressure run a higher risk of having a stroke or a heart attack. High levels of cholesterol in the blood - produced by the liver from saturated fats - can lead to fatty deposits in your coronary arteries that increase your risk of coronary heart disease, stroke, and diseases that affect the circulation. You can help lower your cholesterol level by exercising and eating high-fiber foods such as oatmeal, beans, lentils, nuts, fruits and vegetables.

8. **Learn to manage your stress levels.** If you find things are getting on top of you, you may fail to eat properly, smoke and drink too much and this may increase your risk of a heart attack.

9. **Check your family history.** If a close relative is at risk of developing coronary heart disease from smoking, high blood pressure, high cholesterol, lack of physical activity, obesity and diabetes, then you could be at risk too.

10. **Make sure you can recognize the early signs of coronary heart disease.** Tightness or discomfort in the chest, neck, arm or stomach which comes on when you exert yourself but goes away with rest may be the first sign of angina, which can lead to a heart attack if left untreated.

DIET TIPS FOR A HEALTHY HEART



- Eat a diet low in saturated fat, especially animal fats and palm and coconut oils.
- Add foods to your diet that are high in monounsaturated fats, such as olive oil, canola oil, and seafood.
- Eat foods containing polyunsaturated fats found in plants and seafood. Safflower oil and corn oil are high in polyunsaturated fats.
- Choose a diet moderate in salt and sodium.
- Maintain or improve your weight.
- Eat plenty of grain products, fruits, and vegetables.
- Read the Food Label

The food label can help you eat less fat and sodium, fewer calories, and more fiber. Look for certain words on food labels. The words can help you spot foods that may help reduce your chances of getting heart disease. Read the Nutrition Facts and check the following words:

Total fat - Saturated fat - Cholesterol - Sodium

Look at the % Daily Value listed next to each term. If it is 5% or less for fat, saturated fat, cholesterol, and sodium, the food is low in these nutrients. That's good! It means the food fits in with a diet that may help reduce your chances of getting heart disease.

Instead of:	Do This:
whole or 2 percent milk, and cream	use 1 percent or skim milk
fried foods	eat baked, steamed, boiled, broiled, or microwave d foods
lard, butter, palm, and coconut oils	cook with unsaturated vegetable oils, such as corn, olive, canola, safflower, sesame, soybean, sunflower, or peanut
fatty cuts of meat, such as prime rib	eat lean cuts of meat or cut off the fatty parts
one whole egg in recipes	use two egg whites
sour cream and mayonnaise	use plain low-fat yogurt, low-fat cottage cheese, or low-fat or "light" sour cream
sauces, butter, and salt	season vegetables with herbs and spices
regular hard and processed cheeses	eat low-fat, low-sodium cheeses
salted potato chips and other snacks	choose low-fat, unsalted tortilla and potato chips and unsalted pretzels and popcorn

COLD WEATHER PROTECTION CHECK-LIST

from Occupational Health & Safety Magazine

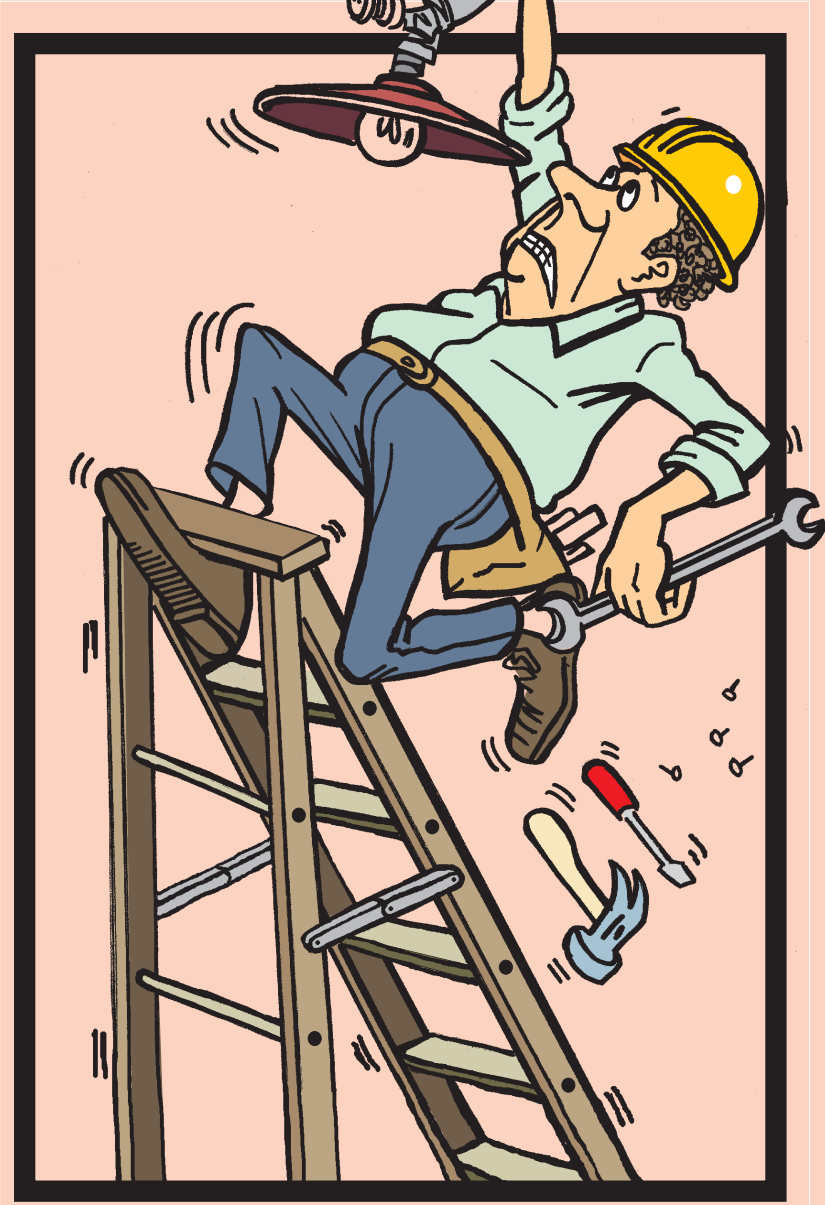
Managers must be responsible and monitor work conditions to ensure employees have the physical protection and the training/awareness to protect themselves. In many of our work areas, this means protection from the cold. Even in the warmest of our climates, an unexpected cold front could create situations which place employees at risk.

	YES	NO
1. Is there a consistent safety presence on your job site through active supervision, training and administrative oversight for all employees? Safety is not a person it is a shared responsibility.		
2. Does someone on your site(s) take responsibility to monitor work conditions for changes that may affect thermal safety? Fast dropping temperatures, falling snow, freezing rain, high winds and wind chills can move any construction or outside job from reasonable to dangerous in a matter of minutes		
3. Has your work place been assessed as to the need for occupational thermal protection and education on these work conditions? Evaluate infrequent natural disaster situations such as ice storm, and work in areas not usually subject to extreme temperatures. Consider man-made hazards such as cold room, freezers, underground work, machinery issues, etc.		
4. Have you solicited input from your work comp carrier as to any history of frostbite, or hypothermia and have you used this to target locations for extra effort, training or PPE to reduce exposure?		
5. Did you give attention to walking and working surfaces where cold can cause extra slippery conditions, such as dock plates, and scaffolding?		
6. Have you assessed areas where there is a greater potential for slips and falls such as unsalted parking areas, and unlit walkways? Is there a plan in place for protecting these areas and clearing icy muck, icy debris and heavily iced walkways?		
7. Have you created appropriate lists of PPE (including head/ ear protection, layered thermal garments, gloves, face masks and protection from rain/ snow and moisture? Are employees advised to exchange if items get wet during extreme cold conditions?		
8. Is thermal protection clearly explained to workers in new-employee site specific orientation and during tool box talks? Has instruction been given to dress accordingly and in layers? Have they been advised to take extra breaks in warming tents? Are adequate breaks and warming stations available?		
9. Are PPE selections made based on the level and type of hazards at the work site? Are off-shifts considered which may have drastically differing conditions?		
10. Are supervisors aware of job tasks exposing employees to cold extremes? Do they know what protection is needed and why?		
11. If you ever have employees who are working alone, do you have a system for checking on them during extreme work conditions?		
12. Is appropriate first aid training conducted for cold-related injuries?		
13. If you provide company-owned vehicles, are they equipped with emergency kits, including blankets, water, food, etc. in the event of being stranded or having to conduct repair such as tire changing or battery charging?		
14. Are supervisors aware of cold stress situations leading to hypothermic conditions such as change in levels of consciousness, changes in quality of work, and diminished activity levels when temperatures drop significantly?		
15. Do you have a plan for caring for tools and equipment during cold weather and snowy conditions?		

LADDER SAFETY

When we work on ladders day after day, it becomes easy to take ladder safety for granted. However, ladder issues were in the Top 5 OSHA cited violations for 2010. Below are a few reminders to keep safety in mind when working with ladders:

1. Inspect ladders at frequent regular intervals. If a ladder is found defective, repair or discard it. NEVER use defective ladders.
2. Use shellac, varnish or two coats of oil as a preservative. Do not use paint because it conceals defects.
3. Avoid the use of metal ladders when working with electricity or there is the possibility of contact with electrical power.
4. Clean mud or grease substances from your shoes before climbing a ladder.
5. When using a straight ladder, place it securely against a solid backing, at a safe angle of about 75 degrees with the horizontal.
6. Always face the ladder and hold on with both hands, whether climbing up or down.
7. Carry tools in suitable pockets, or have tools and other objects hoisted with rope and bucket.
8. Work facing the ladder and hold on with one hand.
9. Use a safety belt if the type of work requires it.
10. If it is dangerous to reach out too far from a ladder in any direction, move the ladder as the work requires.
11. It is unsafe to use a ladder as a horizontal member of a scaffold.
12. Make sure job-built ladders are checked often for rungs that may come loose.



REGION 4 SAFETY KUDOS!

Member company, Meyer-Najem, Construction, LLC recently received the prestigious Associated Builders & Contractors of Indiana Excellence in Safety Program Award as the Safety Prime Contractor. Meyer-Najem also received recognition for a STEP (Safety Training Evaluation Process) Award.

The STEP awards recognize the efforts of ABC Members who consistently strive to achieve effective best safety practices on jobsites and provides contractors with a tool to objectively evaluate their safety programs, policies and procedures.

Indianapolis Chapter Member **Traci Hardin, CIT** of Meyer-Najem was a previous National Safety & Health Committee Chair.

DON'T FORGET

NAWIC's Annual Safety Excellence Award contest is underway!

There will be one winner in each category from each region. The entries must be sent to your regional safety chair by 5pm March 20th, and winners will be announced at your regional Forum.



This year there's an exciting "extra" opportunity to let your company shine! One overall winner in each category will be selected! The winners from each region will be submitted and a final winner in each category will be chosen and announced at Convention!

Click on the link below to access the safety award form:

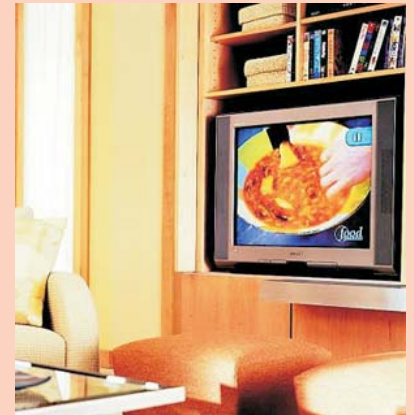
www.nawic.org/images/nawic/committees/safety/Safety_Excellence_Award.pdf

KEEP THE EARTH HEALTHY

Unplug Things That Glow

Anything that has an LED (light emitting diode) that glows even after you turn it off continues to draw power (that you pay for). Your TV, cell phone charger, and printer are likely culprits. Unplug the offenders from wall sockets and plug them into power strips instead. When you leave a room, flip the strip switch to cut the flow of electricity.

Good for You: Unplug appliances and electronics that glow and you could save \$200 a year.



Recycle Your Electronics

Americans tossed out a whopping 5.5 billion pounds of electronics -- TVs, stereos, cell phones, and computers -- in 2005, according to the Environmental Protection Agency. The result? Millions of pounds of chemicals and heavy metals ended up in the ground even though it's easier than ever to recycle electronics. The Consumer Electronics Association created mygreenelectronics.org to help people find a recycling resource in their area. The site also provides a list of electronics, from laptops to baby monitors, that are easier on the environment and your energy bill.

Good for You: The average American household has three cell phones stashed in a drawer. Sell unused cell phones to greenphone.com. You'll receive about \$35, and the phones will be refurbished and resold. If 1 million people recycled one cathode-ray tube TV this year, we'd keep 4 million pounds of lead out of the ground.

