



Health & Safety

April 2022

'Baby Shark' began around campfire

YouTube's most listened-to song -- Baby Shark -- reached 10 billion views in January, but the catchy tune with the simple lyrics started out as an American campfire song.

South Korean entertainment company Pinkfong introduced the shark in 2016 and it quickly went viral. According to the Korean Economic Times, before the shark was introduced in 2016, the company showed about \$8 million in revenue. By 2020, its revenue was about \$57 million.

The English lyrics of the song are simple: Baby Shark doo doo doo doo Baby Shark doo doo doo doo, Baby Shark... Then in each succeeding verse baby is replaced by another family member: Mommy shark, daddy, grandpa, grandma. Easy hand gestures accompany the song, which Pinkfong says is partly responsible for the tune's success.

Lyrics are somewhat different in various languages. In some Asian languages, momma shark is pretty, daddy shark is strong, and so forth.

The accumulated watch time of this 2 minute 16 second video equals about 43,000 years. If every human on earth watched the video once, there would still be enough views for half the population to watch it a second time.

Jumping rope: The perfect workout

Here's an exercise that improves cardiovascular fitness, strengthens muscles, burns calories -- plus you can do it anywhere and it's cheap.

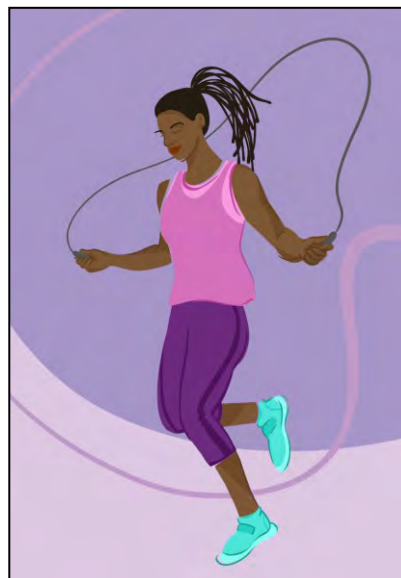
It sounds too good to be true, but it isn't. Jumping rope is a great workout for people of all fitness levels and all it takes to get started is a pair of training shoes and a jump rope.

According to Healthline, jumping rope does more than just get your heart pumping -- the act of jumping itself activates upper and lower body muscles, which improves muscle strength and builds endurance. Jumping rope also enhances explosive power, which is a crucial component of functional exercise for exercisers of all ages, according to Human Kinetics.

Once you get the go-ahead from your doctor, you'll need to choose the right rope, and you don't have to spend a fortune. A basic rope with a thick cable or the beaded fitness ropes you might remember from gym class are ideal. Whatever you choose, just make sure it's about three feet longer than your height.

According to Self, jump roping with improper form can lead to injury, or at the very least tire you out more quickly. When it's time to jump, keep your core engaged and your posture straight, elbows tight to your body and shoulders relaxed. Don't swing at the elbows to control the rope -- use your wrists instead. Aim to jump just one or two inches off the ground. Any higher will wear you out faster and make it harder for you to stay in rhythm.

If you're new to fitness, try jumping in shorter bursts of about 30 seconds followed by 30 seconds of rest for five minutes. Focus on form and consistency, increasing rest periods when needed. As your fitness level and coordination improve, you can increase your active periods and decrease your rest periods, lengthen your workouts and mix in more advanced moves than the basic jump.





Try micro-exercises to improve health

It's not like you have the time to run to the gym at lunch, change, exercise, shower and get back to your desk.

Yet, it isn't healthy to spend an average of 9.3 hours a day sitting at a desk. In fact, according to Nilofer Merchant of the Harvard Business Review, after an hour of sitting, fat-burning enzymes in the body decrease by 90 percent, the body metabolism slows, blood pools in the legs, and pressure builds at the spine.

That's where micro exercises come in and, according to one study, doing simple, quick moves at the desk can help you stave off illness and build strength.

Conducted in Denmark, the study surveyed 70,000 workers who had had 30-day illnesses during the previous 12 months. Researchers found that nearly 13 percent of these long-term absences could have been prevented using micro exercise.

The study found that 10 to 15 minutes of micro exercises with resistance bands three times a week also led to improved feelings of vitality and even better teamwork.

Although the study used elastic bands, you don't need the bands to do micro exercises.

Here are some easy ways

Across

1. Halloween cry
4. Religious images
9. Mont Blanc, e.g.
10. Raise at an angle
11. Bottom of the barrel
13. "Bye!"
14. Water-softening compound
16. Word in a simile
17. TV watchdog org.
18. Therefore
20. Place for soaking
22. "Aquarius" musical
24. Abominable Snowman
25. "Encore!"
27. Actor Carney
28. Painter's plaster
29. More, in Madrid

Down

1. Light wood
2. Dairy section selections
3. Newspaper piece
4. Tagged player
5. Tacky
6. Brightly colored fish
7. Cashew, e.g.
8. Marienbad, for one
12. Some African expeditions
15. Be in a cast
18. Hindu sacred

Seats at the ballgame

1	2	3		4	5	6	7	8
9				10				
11			12		13			
14				15				
16			17			18	19	
		20				21		
22	23				24			
25				26		27		
28						29		

writings

19. Newspaper section
20. Slant
21. Locker room group
22. Witchy woman
23. Questionnaire datum
26. Thumbs down

[Click Here To Peek at Answers](#)

The headline is a clue to the answer in the diagonal.

the keep and increase strength at your desk:

Calf raises: With feet flat on the floor, raise your feet to the toes. Do 50 reps. Too easy? Do it standing.

Ab tucks: Sit up straight. Pull abs to the spine, hold. Do 25 reps.

Glute squeezes: Sit up straight. Squeeze glutes. 25 reps.

Lower ab contractions: Sit straight, lift both legs off seat. Lower feet just above the floor. Hold. Repeat.

Press arms: Sit in a non-rolling chair that has arm rests. Using arm rests, push yourself up with your hands to try to float above the chair. Try to get your arms straight. Then slowly lower yourself back down.

ALL OF OUR GENIES ARE BUSY AT THIS TIME. KEEP RUBBING AND YOUR WISHES WILL BE GRANTED IN THE ORDER THEY WERE RECEIVED.



Earth Day 2022: Consider the chopstick

Chopsticks are everywhere.

A third of the global population uses them every single day. The rest of the population fumbles (and masters) them at restaurant meals. All those chopsticks add up -- mostly in landfills.

About 80 billion pairs of chopsticks are thrown away every year. To make that massive number of chopsticks, activists in China have documented the destruction of 100 acres per day of aspen, birch and bamboo.

In Vancouver, Canada, entrepreneur Felix Bock wants to do something about all those chopsticks. Something useful. Something artistic.



His new startup, ChopValue, transforms sticky single-use chopsticks into furniture.

His raw material is not in short supply. According to Bock, his company collects 350,000 used chopsticks from 300 restaurants every week. He cleans them, compresses them, and turns them into book shelves, cutting boards, art, and desks. He estimates that he has transformed 50 million pairs of chopsticks since 2016.

Here is how it all works.

The wood is harvested in Asia and made into chopsticks. The sticks travel 6,000 miles to Vancouver, where they end up in restaurants and are used once. The ChopValue staff collects the sticks. They coat them in a water-based resin and sterilize them at 200 degrees Fahrenheit for five hours, according to Atlas Obscura. After that, the sticks are sorted and sent to a hydraulic machine that breaks them down into composite wood. They are sanded, polished and lacquered.

It takes more than 10,000 chopsticks to make a desk.

Electrical injuries up, fatalities down

The good news is that in 2020, there was a 24 percent decrease in fatal electrical injuries.

However, non-fatal electrical injuries were up 17 percent, according to the Electrical Safety Foundation International.

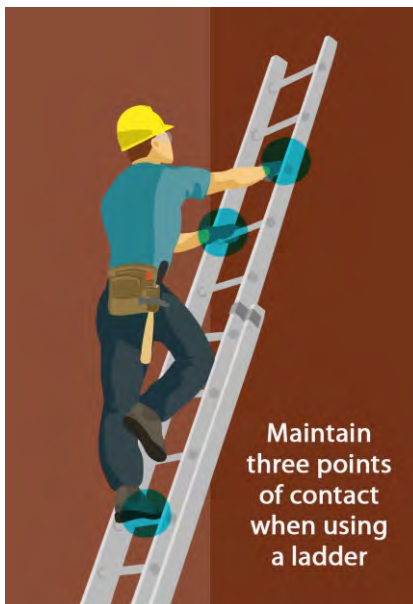
Of the fatalities, 44 percent involved workers in construction and extraction. About 20 percent involved installation, maintenance and repair. The highest number of fatalities occurred in mining and construction.

Even while work hours decreased 10 percent in 2020, non-fatal injuries occurred in maintenance and repair (31 percent), service (25 percent) and construction and extraction (21 percent).

Think before using ladders

Talk about a useful tool. Ladders get you up to the task so easily.

And because they are necessary and common, they can be taken for granted. That's a problem, because close to 25,000 workers were injured in falls from ladders in one recent year, and more than 100 died due to falls from ladders. In fact, ladder-related injuries cost about \$24 billion a year.



Your safety begins before you climb, says the National Safety Council. Here are some important things to consider first:

Is this the right ladder? Consider your weight and the weight of the load. Different types have load capacities of 200 to 375 pounds.

Because aluminum and metal conduct electricity, they shouldn't be used near power lines or electrical wires. Use a dry wood or fiberglass ladder instead.

Is the ladder in good condition? Check it out to make sure all parts are in good working order. Do it every time you use the ladder. Be sure it can be locked in place, rungs and steps are intact and clean and that nuts and bolts are tight. The most common mistake is not keeping the ladder in repair.

Is the set-up right? The feet should be on firm, even ground. The bottom of the ladder should be 1 foot away from the wall for every 4 feet to the top. Example: If it touches the wall 16 feet above the ground, it should be 4 feet from the wall. When climbing on a roof, the ladder should extend 3 feet higher than the roof.

Is my climbing technique safe?

* Always face the ladder when climbing and stay in the center of the rails.

* Maintain three points of contact with the ladder: two feet and one hand or two hands and one foot. Carry tools in a tool belt and if material must be handled, raise or lower it with a rope.

* Never climb higher than the third rung from the top of an extension ladder or the second step from the top of a stepladder.

* Never try to "walk" a ladder while standing on it. Climb down and reposition it.

* Carry it parallel to the ground and hold it in the middle so you can balance the load. Always carry stepladders in the closed position.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Gold Star Spouses Day 	6	7 The Masters Tournament	8	9
10 Palm Sunday	11 HOLY WEEK	12	13	14	15 Income tax payday. Good Friday	16 PASSOVER
17 	18 Boston Marathon	19	20	21	22 Earth Day	23
24	25 World Penguin Day	26	27	28	29 Arbor Day	30