



Health & Safety



World Lion Day, Aug. 10 Still the king, but his world shrinks

The majestic lion that once roamed southern Europe, Asia, and Africa is largely gone today.

Its numbers has decreased by at least 43 percent since the early 1990s and populations today thrive only in designated protected areas.

While the strength, speed, and ferocity of lions has been part of human culture and art for thousands of years, the lion's decline is likely caused by its admirers, as habitat loss and human conflicts chip away at the lion's range. In the 1950s, the lion population was estimated at 200,000. Today estimates vary, but the African Wildlife Foundations sets the number at 23,000.

Choosing the right shoe: Why it matters

One driver of an 80,000 pound tractor trailer rig had a big surprise waiting for him one morning as he pulled on his steel-toed boots.

One boot had a deep slash through the leather. He didn't even know it was there. He didn't remember how it even happened. What, he wondered, would have happened to him if he had followed the latest fashion among truck drivers: flip flops.

In fact, drivers everywhere are talking about those who wear flip flops while driving and fueling. It has become a trend.

Some drivers, especially younger ones, prefer flip flops or even slippers to work boots, saying they are comfortable, keep their feet cool, and are easy to flick on and off inside and outside the truck. Videos show drivers wearing flip flops in snowy weather, tackling tasks outside their trucks. On docks, some drivers even put on a hard hats, a safety vest, but remain in their flip flops.

No federal Department of Transportation rules specify footwear, but companies with many drivers often have footwear regulations. UPS, for example, insists on sturdy, non-slip black or brown shoes.

Still, drivers on long routes, or owner operators, usually choose their clothing and footwear. Choosing flip flops can be dangerous, drivers say.

Isaac Stephens, who has a YouTube trucking channel, is not a fan. He features videos of drivers wearing flip flops in all sorts of precarious situations. One clip showed a driver climbing up on the hood of the truck to wash the windows, begging the question of how the driver climbed down that wet hood.

Some types of loads really require substantial foot protection, drivers say. But other drivers might get away with a lighter shoe. There are a lot of choices. Some shoes from athletic shoe companies such as Reebok, Keen, Fila and Sketchers combine a low-profile lightweight, breathable style with non-slip soles and steel-reinforced toes.





Low-fat or full-fat dairy? It's complicated

Stick to low-fat or fat-free dairy, nutrition guidelines frequently advise, and receive all the nutritional benefits of dairy (like calcium and protein) without the saturated fat that can raise cholesterol and lead to heart attacks and strokes.

That was the advice for decades from venerable sources like the American Heart Association, the American College of Cardiology and even the United States Department of Agriculture.

But newer research suggests that fat in dairy isn't necessarily bad -- and could offer some useful benefits.

In a 2020 literature review published in the journal *Advances in Nutrition*, researchers concluded that instead of increasing risk factors for cardiometabolic health conditions like heart diseases or type 2 diabetes, full-fat dairy was associated with neutral or improved outcomes.



Another study, published in 2021 in the *American Journal of Clinical Nutrition*, found that among

Lovers, Painters, Writers

Across

- 1. Actress Perlman
- 5. More, in Madrid
- 8. D.C. bigwigs
- 9. Acknowledge
- 11. Some PTA members
- 12. "Naked Maja" painter
- 13. Winter Palace residents
- 15. Officeholders
- 16. Hero worship
- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

Down

- 1. Dashboard abbr.
- 2. Owl's call
- 3. "Desire Under the ____"
- 4. Attacker
- 5. Authoritative
- 6. Shakespeare, the Bard of ____
- 7. Bean used to make miso

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			

- 10. Used to be
- 14. Genetic material
- 16. Slick
- 17. Slap on
- 18. Track shape
- 19. Get up
- 20. Village People hit
- 23. Bro's sibling

[Click Here To Peek at Answers](#)

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

73 patients with metabolic syndrome, eating at least three servings of full-fat dairy each day had no effect on their blood pressure or cholesterol compared to other patients who avoided dairy or consumed reduced or fat-free versions.

Researchers are still trying to figure out how full-fat dairy works and who is most likely to benefit. According to the British Heart Foundation, the nutrients found in milk may work in combination to confer health benefits. The higher fat content may also increase satiety, which can lead to eating less overall, according to National Public Radio.



"Eyes on your own paper. Don't let me catch you looking at your neighbor's phone."

Micro-volunteering:

Be someone's eyes for two minutes

Here is a fantastic way to help people wherever you are, whenever you have the time -- by micro-volunteering.

Be My Eyes is an app that connects sighted people to the blind. Using video calling technology, volunteers can answer simple questions that require a pair of eyes.

Hans Jorgen Wiberg, a Danish furniture craftsman who is visually impaired, realized that blind and low-vision people often needed help with everyday tasks. He also knew that video calling was already being used by the blind to call friends and family for help with simple questions like: What is in this can? What is the expiration date on this food? Is this a red or a black sweater?



The problem is that regular helpers are not always available, and there is the issue of wearing out one's welcome. Wiberg realized that the world was full of people who could help at times. So in 2012, he launched his Be My Eyes startup to connect people with volunteers from across the globe.

Today there are nearly 6 million volunteers to help with questions from about a half million blind and low-vision people. The app is available in 150 countries and 180 languages.

Anonymous sighted volunteers can take a call whenever they have time. If they don't have time, they can pass and another volunteer gets the call. Meanwhile anonymous users can ask simple and fast questions.

Seven ways to hammer hay fever

If you are among the one-in-four people who are sensitive to pollens or mold spores, remember these ways to fight mother nature.

1. Stay inside most of the time between 9 a.m. and sunset. Doctors at the National Jewish Medical and Research Center in Denver say that during the day, thermal currents and winds toss ragweed pollen and mold spores around in the air.

2. Protect your eyes from flying pollen. Wear glasses, sunglasses or wraparound goggle sunglasses.

3. Go out after a downpour. Heavy rains wash pollen away. Stay inside after a light rain, which could make pollen worse.

4. Check local air quality. Pollution makes allergies worse. If there is a pollution alert, stay inside as much as possible.

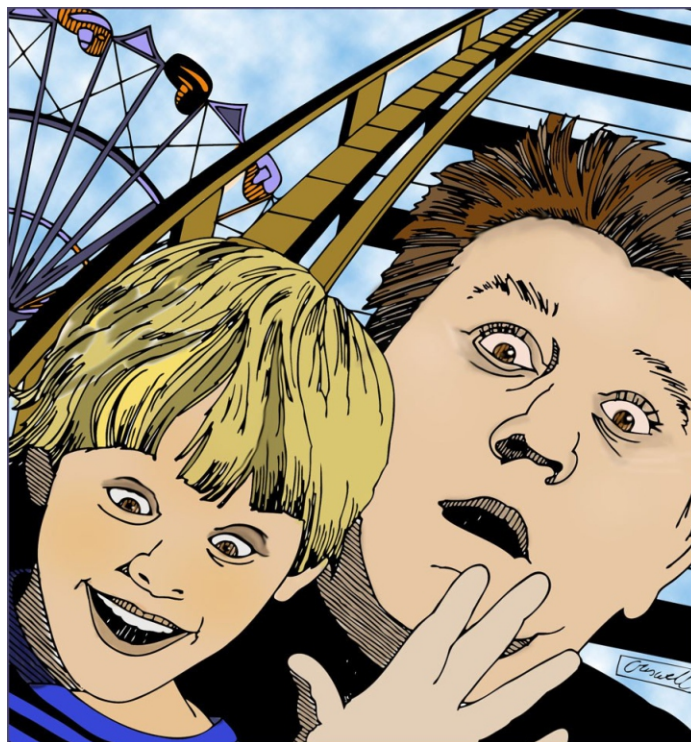
5. Use your air conditioner. It recirculates air instead of bringing pollen-laden air inside. Change the filter frequently. Use the air conditioner in your car as well.

6. Use a dehumidifier in damp areas to fight mold. Wash the shower curtain and bath rugs frequently.

7. Talk to your doctor. If your medication is barely keeping up with the high pollen count, ask if you can increase it.

Work with your doctor to determine which medication is best for you. Often, people have to try two or three before finding the one that works best for them.

The editors of Prevention magazine say hypnosis may decrease the effects of allergies. The allergies are not psychosomatic, but studies show that the mind controls more of your physical responses than many doctors or patients realize.



Are roller coasters safe?

If you wonder how safe it is to ride a roller coaster, you should probably worry less about the hardware and more about the software in your body.

Most accidents, injuries and fatalities are not from mechanical failure, but medical conditions.

The Formula Rossa roller coaster in Abu Dhabi reaches top speeds of 149 mph in five seconds. That's the fastest coaster in the world.

You should literally not ride it -- or any other roller coaster, for that matter -- if you have heart disease.

In fact, a scientific study of roller coaster fatalities in the U.S. found that most of the deaths were from medical conditions either caused or exacerbated by riding a coaster.

Of the 29 patrons who died during the 10-year period ending in May 2004, 18 died from medical conditions and 15 of those were cardiac problems or intracranial hemorrhages. Just 11 were from external causes such as falls or collisions.

A 2017 study published in the Journal of Neurotrauma found that coasters did not present an immediate risk of acute brain injury (although they didn't do the test on subjects riding the Formula Rossa). In fact, researchers found that brain strain during roller coaster rides was similar to running and lower than soccer head hits.

If you have a bad back, you might skip the coaster, another study suggests. Neck and back injuries are not unknown, but it depends on the person, according to a study published in the Archives of Physical Medicine and Rehabilitation.

That study looked at roller coaster injuries during a 19-month period in 1992. There were a total of 656 neck and back injuries among the 932,000 riders of the coaster studied. Of those injuries, 72 percent had a cervical disk injury.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Sister's Day	2	3	4 Coast Guard Day	5 Sturgis Rally	6
7 Assistance Dog Week	8	9 Perseid meteor shower	10 	11 Sturgeon Moon	12	13
14 Aviation Week	15 US Amateur Golf	16	17	18	19	20
21	22	23	24	25	26 Women's Equality Day	27
28	29	30	31 			