



Health & Safety



Boji the traveling dog

A stray dog, Boji likes public transportation in Istanbul, Turkey.

He uses the metro, the tram line, and even the railway. He's polite. He waits for passengers to disembark before entering the train. He takes a seat if there is one. Last year, the Istanbul Metropolitan Municipality made sure he was fully vaccinated and sterilized then attached a tracker to see where the canine traveler goes. Turns out, he goes everywhere. He travels around 29 stops per day for a distance of about 30 kilometers. He prefers the M4 metro line.

He's become so famous that a mean person recently tried to frame Boji by placing poop on one of the trains. Videos proved it was a setup. Boji rides on.

Lone workers face various safety issues

When we consider remote workers, we could say a lot of people work alone today. But there are those for whom the word 'remote' means something entirely different than the living room.

Lone workers are often in danger simply because their tasks are solitary or the environment extreme: A night maintenance worker, cell tower technician, or just a convenience store clerk working at 2 a.m. Even a social worker calling on a family could be considered alone.

Those working at solitary sites, during non-standard hours, or alone in the presence of strangers, have special safety needs.

First among those needs is a means of communication.

Lone workers should check their communication devices daily before going on the job. Cell phones should be charged and they should have a backup method of charging. Depending on how extreme the circumstances, a portable battery backup for the phone may be necessary.

In some cases, remote workers are provided with touch-to-talk gear in case cell service isn't available and these, too, should be checked before beginning a shift.

Along this line, remember to inform contacts if your cell phone number changes.

Most solitary workers will have to check in daily or hourly. They should make sure contacts know how long a task is expected to take.

Solitary night workers should have regular check-ins with other shift workers and managers.

There are some instances when people should never work alone:

- * Environmental conditions: The risk of avalanche or severe weather.
- * Exposure to chemicals or work that requires a respirator. Confined space workers, for example, should never work alone.
- * Dangerous public or private spaces. Anywhere the potential for violence exists.
- * Sites where wild animals are present. Alligators, snakes, bears and more can be found in wild and swampy areas.

Before starting a task, lone workers should take time to assess a situation for hazards.

During a task, lone workers must decide when to stop work.





What you'll find in the first aid kit

If you need to respond to a small accident, the first aid kit may be your first resource after calling for help.

Non-fatal injuries in the workplace cause about 11 lost work days and \$1,560 per year per worker, according to a 2020 survey published in Injury Prevention.

Here what you should find:

Gauze pads. Large size will be about eight by 10 inches. Smaller pads will be four by four inches.

Adhesive bandages for small injuries.

Triangular bandages.

Wound cleaning agents, possibly a sealed pack of small moist wipes. These should be checked regularly to be sure they are still usable.

Scissors.

A blanket.

Tweezers.

Adhesive tape.

Gloves, latex or latex-free. OSHA requires latex gloves, but vinyl or nitrile gloves protect those with latex allergies.

Resuscitation equipment. A resuscitation bag, airway or pocket mask.

Elastic wraps.

Splint.

Emergency directions.

You might also find a break-open cold pack. If the

Optical and Otherwise

Across

1. Doctrines
5. Use a keyboard
9. Madison Avenue award
10. In the center of
11. Kind of market
12. Like some drinks
13. Relating to bone marrow
15. Kitchen meas.
16. Of or relating to the law
22. Snack often twisted apart
23. Small horse
24. Withdraw gradually
25. Sea eagle
26. Flees
27. Neptune's realm

Down

1. Missile
2. Swing around
3. Gentle
4. Answers
5. Vents on cars
6. Village People hit
7. Dock
8. Small whirlpool

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			

14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase
19. Reactor part
20. Writer Quindlen
21. Cleaning cabinet supplies

[Click Here To Peek at Answers](#)

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

emergency kit doesn't have one, consider adding it. This can be useful if someone sprains an ankle or incurs another soft tissue injury.

Science is organized knowledge.

Wisdom is organized life.

Will Durant

Love is space and time made perceptible to the heart.

Marcel Proust



"All of our appliances are smart, except for the toaster."



Virtual reality allows surgeons to walk through the human heart

When Brayden Otten was born, his tiny heart, about the size of a walnut, couldn't effectively pump his blood.

A team of surgeons at Cincinnati Children's Hospital Medical Center managed to save his life with some workarounds to help his blood circulate, but even then, they knew those solutions were not perfect or permanent. Brayden enjoyed a relatively normal childhood, according to the Cincinnati Enquirer, but his doctors knew that without further interventions, heart failure was inevitable. And so at 12, Brayden found himself back in the operating room, but this time, his surgeons had a new and exciting tool in their arsenal: virtual reality (VR).

Brayden's medical team worked with a 3D medical imaging specialist to create a model of Brayden's heart that allowed surgeons to "walk" into his heart instead of relying on images and a 3D-printed model. According to Brayden's surgeon, instead of reprinting the model every time he wanted to change his plan, he simply had to hit reset and he could simply dive in again. With VR, his surgeons were able to plan a procedure that would have otherwise required several surgeries and increased the risk of complications and other surprises. Brayden himself was able to explore the virtual operating room, the tools that would be used and walk inside his own heart.

The procedure itself, which took 12 hours, went perfectly.

While the use of 3D VR in cardiothoracic surgery is still somewhat new and surgeons are still experimenting with the best applications, preliminary data is promising. One study, published in the European Heart Journal in 2020, suggested that the immersive technology was more useful in preoperative planning than flat two-dimensional images. Cardiothoracic surgery, the study authors note, has become incredibly complex over the decades and a surgeon must think in three dimensions to effectively plan and perform complicated procedures.

How music can help heal a broken heart

What song makes your heart pound? Do you get breathless from "Total Eclipse of the Heart"? Does Whitney Houston's cover of "I Will Always Love You" get you going? Or maybe you're old school and nothing makes your pulse race quite like the final movement of Beethoven's Symphony No. 9. Whatever your preference, humans have always felt an innate connection between music and their hearts. And according to Scientific American, that ancient instinct is helping modern physicians diagnose and treat today's cardiac patients.

Heart rhythm disorders, such as arrhythmia and atrial fibrillation, create complex tones that are audible through the stethoscope. In an article for the Lancet, nephrologist Michael Fields describes how he uses musical analogies to teach cardiac auscultation to medical students. According to Fields, describing heart tones in musical terms is a useful tool to help new physicians acquire this notoriously difficult skill.



According to Frontiers in Physiology, another group of researchers used a scene from a movie that pairs high tension with a fast-paced musical score to study how strong emotions influence heart cells. Their data may explain how extreme stress can contribute to serious cardiac arrhythmias.

According to Scientific American, cardiac patients can also benefit from music-based interventions to help them recover from surgery, lower stress and help reduce blood pressure and heart rate. Some studies have found that patients who listen to relaxing music after heart attacks experienced decreased strain on heart and lungs.

While music therapy for heart patients is still an emerging area of study, the early results are promising, according to St. Luke's Health. And even though more research is needed and music alone cannot treat cardiovascular diseases, there's no real risk attached to spending 30 minutes a day relaxing with your favorite tunes.

Fatal injuries decline in COVID era

More people worked fewer hours in 2020 and that was a factor in the decline in workplace injuries reported by the Bureau of Labor Statistics.

According to BLS's annual report, workplace fatalities decreased by 10.7 percent in 2020 compared to 2019. Meanwhile, hours worked decreased 9 percent from 296.6 billion hours to 269.9 billion.

The report did not include illness and death resulting from COVID-19 and it did not figure in the decrease in overall hours worked.

According to the report, a worker died every 111 minutes from a work-related injury in 2020. But that was better than the

year before. The fatality rate dropped from 3.5 per 100,000 workers in 2019 to 3.4. per 100,000 in 2020. The exception was among Hispanic or Latino workers, which increased from 4.2 deaths per 100,000 workers to 4.5 deaths. Among Black workers, occupational fatalities decreased 14.7 percent in 2020.

Fatal transportation incidents fell 16.2 percent in 2020.

One category that rose: Exposure to harmful substances or environments. The 2020 figure of 672 fatalities was the highest figure since 2011. Included in that category are unintentional overdose from non-medical use of drugs. This segment jumped to 57.7 percent, up from 48.8 percent in 2019.




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February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chinese New Year	2	3	4	5
	<i>Happy Valentine's Day!</i>					
6	7	8	9 Pizza Day	10	11	12
13 SUPER BOWL LVI	14 	15	16	17	18	19
20	21	22 Spay Day!	23	24	25	26
27	28 MARDI GRAS!	