



Health & Safety

HEALTHY HEART MONTH



What are those chocolates?

Truffles or bonbons?

That candy you get for your loved one on Valentine's Day is usually called a box of chocolates.

But technically, they are probably bonbons.

Bonbons have a molded chocolate shell with a soft non-chocolate center: fruit, nougat, creams or caramel, for instance.

However, some boxes of chocolates might also contain truffles. Truffles have a creamy, buttery chocolate center, and are usually rolled in nuts, cocoa powder or even sugar.

Truffles got their name because they are typically round and they resemble the edible fungus of the same name, which often fetches high prices and features in gourmet cuisine.

American Heart Month:

Take extra care during the winter

Everything has a season -- including heart attacks, which are more common during the winter.

According to the American Heart Association, even regions with mild climates see spikes in heart attacks during the winter months. As winter continues during American Heart Month, everyone should take stock of their risk factors and lifestyle and take steps to protect themselves.

According to Northwestern Medicine, the biggest risk factor is the cold, which causes blood vessels to contract and can raise blood pressure. Meanwhile, the heart works even harder to maintain body temperature. When body temperature falls below 95 degrees Fahrenheit, the resulting hypothermia can also lead to heart damage. By dressing for the weather with coats, hats, gloves and socks, you can also protect your heart.

Lifestyle factors can also increase risk. For many, shoveling or walking through snow are more strenuous than their usual activities, and the sudden increase in workload can add additional strain on the heart. Stay home if necessary and don't be afraid to ask for help clearing your sidewalk or driveway.

Emotional stress may also contribute to the winter heart attack spike. Practice self-care to help you manage your stress and seek help if necessary.

The most important tip: Year-round good habits, like regular exercise and eating a heart-healthy diet. Start now and be ready when the next cold season rolls in.





How to keep teen drivers safe

Teens are notorious risk-takers, according to the National Highway Traffic Safety Administration (NHTSA), and they may not consider the consequences of taking risks.

Speeding, for example, may not seem dangerous to teens. Car crashes, however, are the leading cause of death among Americans 16 to 19 years old. Forty percent of these accidents are alcohol related.

Thirty-four states and the District of Columbia have graduated licensing. Driving privileges are phased in through three stages while teens become more experienced. These states have experienced a 32 percent decline in crash rates among new drivers, according to NHTSA.

Here are some tips for parents:

- * Don't give new drivers the right to drive alone at first. Be a passenger in the car until you are assured that he or she drives carefully and defensively.

- * Don't allow new drivers to have other teens in the car, or limit them to one passenger. There will be less chance of distraction or showing off.

- * Practice night driving

Across

- Dejected
- Inside info
- A Beatle bride
- Clear the blackboard
- W.C.
- Actress Oberon
- Famous evolutionist
- Operating
- "60 Minutes" correspondent
- 3.1416
- Hairy
- Recipe direction
- Tire filler
- "Fiddler on the Roof" role
- Schuss
- Internet messages
- French beverage

Down

- Auctioneer's closing word
- Water buffalo
- Entryways
- Tournament round
- Battlement feature
- Henley need
- Nobel Peace Prize city
- Hammer part
- Yellowstone sight
- Traditional Sunday fare
- Sign on a ticket booth
- Footnote word
- Punjabi believer
- Ashtabula's lake
- Some forensic evidence

Fluffy water

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[Click Here To Peek at Answers](#)

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

with your teen. Limit night driving until he or she has the skill to handle it and realizes that driving at night is more dangerous.

- * Have zero tolerance for smoking and driving. New drivers will be less distracted at the wheel if they don't smoke.

- * Insist on safety belt use.

- * Be a good role model. Drive safely.

Finally, don't assume that your young driver can handle a car in all situations because he or she has passed driver's ed and now has a driver's license. Your attention to his or her skill level and appropriate restrictions could save the life of the child you love.



"How long have I had hand cramps? It started after I filled out your new patient forms."

February is American Heart Month Your body's powerhouse: The heart

Located behind the breastbone and in the middle of the rib cage, the heart is the body's most protected organ. This little powerhouse pumps 2,000 gallons of blood through the circulatory system each day by expanding and contracting more than 100,000 times. In the average human lifetime, it beats 2.5 billion times.

In fact, since the 1990s, scientists have understood that the heart has a cluster of 40,000 neurons that communicate with parts of the brain and may even be involved in pain, according to Pubmed. This so-called heart brain works with the brain in

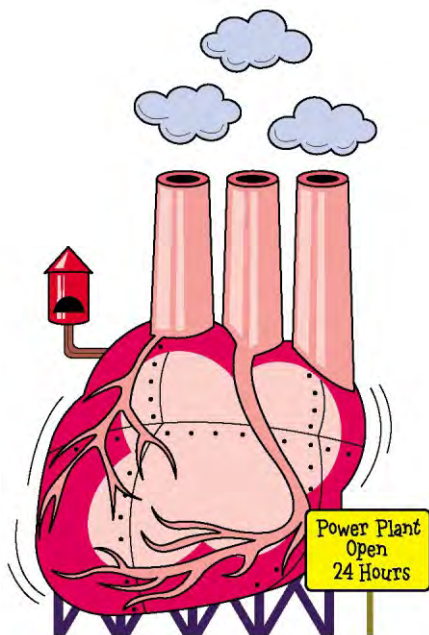
ways that are still being researched, but even now, it's clear that the body's organs are connected in an intricate system.

We aren't generally aware of the efforts, and struggles, of our heart, but we can do some things to help it keep healthy, according to the American Heart Association.

Decide now what your risk factors are and what you can do about them. You can't control your age or

family history, but there are risk factors you can control:

- * Quit smoking. Smoking is one of the most harmful things you can do to your heart.
- * Control your blood pressure. Take prescribed medications.
- * Manage your weight. Gradual weight loss, followed by a stable healthy weight, can help decrease your risks for cardiovascular complications.
- * Eat better. Lots of fruits, vegetables and whole grains combine to make weight loss easier and can help lower cholesterol.
- * Get out and about. Brisk walks are great exercise. A combination of vigorous activity, resistance training and flexibility exercise is better. It helps your heart, controls your weight and makes you look and feel good.
- * Don't be jaded. You have heard this advice before. Do it.



No crystal ball needed: Close calls predict the (dangerous) future

"Sweat the details" sounds like something an engineer or an accountant would do. But sweating the details is of paramount importance when it comes to safe working conditions.

Little things can add up to something big. A small hazard will be multiplied by the number of people exposed to it, and multiplied again by how long it remains before being corrected.

In fact, even straightforward injury numbers don't necessarily mean that working conditions are safe.

Suppose a company has zero injuries -- is it safe? According to safety expert Don Groover, writing in Safety and Health Magazine, a lack of injuries can be more about luck than safety. Exposure and initiative are the keys to a safe workplace.

Suppose an observer stands on the ground, watching a worker on a high platform. The worker is using a hammer and, by chance, the hammer falls. But it misses the observer on the ground. Are there zero injuries that day? Yes. Was the worksite safe? No. You could say the observer was safety-conscious because he might have moved to avoid the hammer. Or you might say that it was luck that the hammer fell at the wrong angle. But over time, if nothing changes, the exposures create problems.



A new hazard can show up any time, in any area, and affect almost any job. That's the time to get it reported and documented. The safety of all is protected by investigating everyday incidents and correcting minor hazards that could turn up on any given day.

Sometimes, people think that a potentially hazardous condition is just normal and expected on the job. Instead, they should be particular about their area. They shouldn't put up with things like grease on the floor or a wobbly step.

Be watchful. Find the leaking hydraulic hose, missing screws on stairs and railings, missing equipment guards and empty fire extinguishers.

Watch for missing lights that make it hard to see and for damaged signs that are hard to read. Make sure that chemicals are stored correctly and that eye wash units work.

When you discover that something isn't right, report it right away. For every condition that is made safe, an injury is less likely to occur, says the National Safety Council.

Why X used to mean a kiss

During the Middle Ages, few people could read and write. On occasion, however, they had to sign an important paper. In this case they would make an "X," often in some distinctive way. They often added a kiss and, over time, the X stood for the kiss.

But that tradition may have come to an end. The X (accompanied by the more mysterious O, denoting a hug) are being replaced entirely by emoticons or even video images.

Flowers by the numbers

In 2022, lovers and friends spent more than \$2.3 billion on flowers for Valentine's Day, according to Statista, the equivalent of the all-time high in 2020. In 2010, consumers spent \$1.7 billion on flowers, a number that remained relatively stable until 2015, when expenditures broke the \$2 billion mark.



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3 Norman Rockwell born 1894	4 Facebook Launched 2004
5 Snow Moon Pro Bowl	6	7	8 Lana Turner born 1921	9	10 Computer beats human in chess, 1996	11
12 Super Bowl	13	14 	15	16	17 Bird Count begins	18
19	20	21 Mardi Gras	22 Ash Wednesday	23	24	25
26	27	28 Spay Day				